

WINTER BREAK 2017 FITNESS SCHEDULE

JAN 2
t h r o u g h
JAN 11

All classes are
FREE
during break!



Spring 2018 Schedule begins on January 16.

		Tuesday	Wednesday	Thursday	Saturday
		JAN 2	JAN 3	JAN 4	JAN 6
		9:00 – 10:15am Vinyasa w/ Norelle	9:00 – 10:15am Vinyasa w/ Norelle	9:00 – 10:15am Vinyasa w/ Norelle	12:15 – 1:15pm Pump & Core w/ Clarissa
		12:00 – 1:00pm Sculpt & Core w/ Grace	12:15 – 1:30pm All Levels Hatha w/ Michael	12:15 – 1:30pm All Levels Hatha w/ Michael	
		12:15 – 1:30pm Vinyasa w/ Norelle	4:00 – 5:00pm Butts & Guts w/ Grace	12:00 – 1:00pm Sculpt & Core w/ Grace	
		4:00 – 5:15pm Vinyasa w/ Norelle	4:00 – 5:15pm Vinyasa w/ Norelle	4:00 – 5:15pm Vinyasa w/ Norelle	
				5:30 – 6:45pm Restorative w/ Savannah	
Sunday	Monday	JAN 9	JAN 10	JAN 11	
12:15 – 1:15pm Butts & Guts w/ Clarissa	9:00 – 10:15am Vinyasa w/ Norelle	9:00 – 10:15am Vinyasa w/ Norelle	9:00 – 10:15am Vinyasa w/ Norelle	9:00 – 10:15am Vinyasa w/ Norelle	
	12:15 – 1:30pm All Levels Hatha w/ Michael	12:00 – 1:00pm Sculpt & Core w/ Grace	12:15 – 1:30pm All Levels Hatha w/ Michael	12:15 – 1:30pm All Levels Hatha w/ Michael	
	3:45 – 5:00pm Power Vinyasa w/ Brit	12:15 – 1:30pm Vinyasa w/ Norelle	4:00 – 5:00pm Butts & Guts w/ Grace	12:00 – 1:00pm Sculpt & Core w/ Grace	
	5:30 – 6:30pm Zumba w/ Sally	4:00 – 5:15pm Vinyasa w/ Norelle	4:00 – 5:15pm Vinyasa w/ Norelle	4:00 – 5:15pm Vinyasa w/ Norelle	
				5:30 – 6:45pm Restorative w/ Savannah	

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