



# GROUP EXERCISE & SPINNING

## THREE SPRINGS ROAD

### JANUARY 2019

*NO CLASSES ON TUESDAY, JANUARY 1<sup>ST</sup> HAPPY NEW YEAR!*

	Sun	Monday		Tuesday	Wednesday		Thursday	Friday		Saturday
5:15-6:15 am		Total Tabata Joy H	Spin Joy G	Spin Joy H	Total Tabata Joy H	Spin Joy G	Spin Joy H	Total Tabata Joy H	Spin Joy G	
8:20-9:20 am		Power Up Joy G		Spin Chandler RIPPED Ana	Power Up Allison		Spin Allison Total Tabata Chandler	F.I.T. Tina		Spin Chandler
9:30-10:30 am		Spin Tina		Yoga Sara		Spin Jennifer		Stretch and Flex Heather		<u>Mind &amp; Body</u> 1/5 Yoga w/ Sara 1/12 Stretch w/ Chandler 1/19 Yoga w/ Sara 1/26 Stretch w/ Chandler
4:30-5:30 pm		RIPPED Regina		Stretch and Flex Chandler		RIPPED Ana				
5:30-6:30 pm		Spin Regina		Spin Chandler Strong by Zumba Ana	Zumba Grace		Spin Beth Strong by Zumba Ana			