

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 6:30PM GLOW CLASS	3 6:00AM AXIS 2 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING 6:00PM Killer Abs - Level 2	4 5:30PM REVOLUTION 7	5 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	6
7	8 6:00AM 30 Minute Cardio 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING 6:00PM Killer Abs - Level 1	9 6:30PM GLOW CLASS	10 6:00AM AXIS 3 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING 6:00PM Killer Abs - Level 2	11 5:30PM REVOLUTION 8	12 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	13
14	15 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING 6:00PM Killer Abs - Level 1	16 6:30PM GLOW CLASS	17 6:00AM AXIS 5 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING 6:00PM Killer Abs - Level 2	18 5:30PM REVOLUTION 9	19 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	20
21	22 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING 6:00PM Killer Abs - Level 1	23 6:30PM GLOW CLASS	24 6:00AM BOOT 14 - Class 1 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING 6:00PM Killer Abs - Level 2	25 5:30PM REVOLUTION 19 - 30min	26 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	27
28	29 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING 6:00PM Killer Abs - Level 1	30 6:30PM GLOW CLASS	31 6:00AM BOOT 14 - Class 2 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING 6:00PM Killer Abs - Level 2	1	2 8:00AM Functional Stretch 9:00AM SENIOR STRENGTH TRAINING	3