

January 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6:00 AM Spin 12:00 PM Zumba 1:00 PM Pilates	2 6 AM Yoga 11 AM Boot Camp 12:00 PM Pilates 5:00 PM Spin	3 6:00 AM Spin 12:00PM Cardio	4
5	6 6:00 AM Yoga 12:00 PM Cardio 5:00 PM Spin	7 6:00 AM Yoga 11:00 AM Boot Camp 12:00 PM Cardio	8 6:00 AM Spin 12:00 PM Zumba 1:00 PM Pilates	9 Day of Mourning	10 6:00 AM Spin 12:00PM Cardio	11
12	13 6:00 AM Yoga 12:00 PM Cardio 5:00 PM Spin	14 6:00 AM Yoga 11:00 AM Boot Camp 12:00 PM Cardio	15 6:00 AM Spin 12:00 PM Zumba 1:00 PM Pilates	16 6 AM Yoga 11 AM Boot Camp 12:00 PM Pilates 5:00 PM Spin	17 Family day	18
19	20 Federal Holiday	21 6:00 AM Yoga 11:00 AM Boot Camp 12:00 PM Cardio	22 6:00 AM Spin 12:00 PM Zumba 1:00 PM Pilates	23 6 AM Yoga 11 AM Boot Camp 12:00 PM Pilates 5:00 PM Spin	24 6:00 AM Spin 12:00PM Cardio	25
26	27 6:00 AM Yoga 12:00 PM Cardio 5:00 PM Spin	28 6:00 AM Yoga 11:00 AM Boot Camp 12:00 PM Cardio	29 6:00 AM Spin 12:00 PM Zumba 1:00 PM Pilates	30 6 AM Yoga 11 AM Boot Camp 12:00 PM Pilates 5:00 PM Spin	31 6:00 AM Spin 12:00PM Cardio	

February 2025



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						1
2	3 6:00 AM Yoga 12:00 PM Cardio 5:00 PM Spin	4 6:00 AM Yoga 11:00 AM Boot Camp 12:00 PM Cardio	5 6:00 AM Spin 12:00 PM Zumba 1:00 PM Pilates	6 6 AM Yoga 11 AM Boot Camp 12:00 PM Pilates 5:00 PM Spin	7 6:00 AM Spin 12:00PM Cardio	8
9	10 6:00 AM Yoga 12:00 PM Cardio 5:00 PM Spin	11 6:00 AM Yoga 11:00 AM Boot Camp 12:00 PM Cardio	12 6:00 AM Spin 12:00PM Zumba 1:00 PM Pilates	13 6 AM Yoga 11 AM Boot Camp 12:00 PM Pilates 5:00 PM Spin	14 Family Day	15
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23	24 6:00 AM Yoga 12:00 PM Cardio 5:00 PM Spin	25 6:00 AM Yoga 11:00 AM Boot Camp 12:00 PM Cardio	26 6:00 AM Spin 12:00 PM Zumba 1:00 PM Pilates	27 6 AM Yoga 11 AM Boot Camp 12:00 PM Pilates 5:00 PM Spin	28	