

# JANUARY - 2019 -- BAY

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
Tread N Shred- 12:05 PM		ABSolution 45 06:00 AM		YOGA 12:10 PM		MetX & Core 06:00 AM		LIFT 12:10 PM			
07	Russell* P	01	<b>NO CLASS</b>	02	<b>NO CLASS</b>	03	<b>NO CLASS</b>	04	Noel F		
14	Russell* P	08	Jennifer (Jenna) N	09	Gita G	10	Jennifer (Jenna) N	11	Noel F		
21	Russell* P	15	Jennifer (Jenna) N	16	Gita G	17	Jennifer (Jenna) N	18	Noel F		
28	Russell* P	22	Jennifer (Jenna) N	23	Gita G	24	Jennifer (Jenna) N	25	Noel F		
Rush 12:10 PM		29	Jennifer (Jenna) N	30	Gita G	31	Jennifer (Jenna) N				
07	Catt W	<b>CYCLE</b> 12:05 PM		<b>CYCLE</b> 12:10 PM		Tread N Shred- 12:05 PM					
14	Catt W	01	<b>NO CLASS</b>	02	<b>NO CLASS</b>	03	Russell* P				
21	Catt W	08	Amanda M	09	Matthew W	10	Russell* P				
28	Catt W	15	Amanda M	16	Matthew W	17	Russell* P				
<b>CYCLE</b> 12:10 PM		22	Amanda M	23	Matthew W	24	Russell* P				
07	Lorraine P	29	Amanda M	30	Matthew W	31	Russell* P				
14	Lorraine P	<b>LIFT</b> 12:10 PM				<b>Force express</b> 12:10 PM					
21	Lorraine P	01	<b>NO CLASS</b>			03	<b>TBA</b>				
28	Matthew W	08	Jason O			10	Kelli H				
		15	Noel F			17	Kelli H				
		22	Jason O			24	Kelli H				
		29	Noel F			31	<b>TBA</b>				
		Tread N Shred- 5:15 PM									
		01	<b>NO CLASS</b>								
		08	Trainer ^								
		15	Trainer ^								
		22	Trainer ^								
		29	Trainer ^								