

JANUARY - 2019 – MIDNAPORE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
CYCLE 08:45 AM		MetX & Core 09:40 AM		CYCLE 09:40 AM		TKO 09:40 AM		CYCLE 09:40 AM		TKO 09:15 AM		CYCLE 09:15 AM	
07	Brittany C	01	NO CLASS	02	Naliya M	03	Curtis R	04	Jodi B	05	Jodi B	06	Jose B
14	Brittany C	08	Jodi B	09	Naliya M	10	Tanya R	11	Jodi B	12	Jodi B	13	Jose B
21	Brittany C	15	Jodi B	16	Naliya M	17	Tanya R	18	Jodi B	19	Jodi B	20	Jose B
28	Brittany C	22	Jodi B	23	Naliya M	24	Tanya R	25	Jodi B	26	Jodi B	27	Jose B
TKO 09:30 AM		Jodi B		30 Naliya M		31 Tanya R		ABSolution 30 10:30 AM		CYCLE 09:40 AM		Zumba^ 09:30 AM	
07	Curtis R	Zumba^ 5:45 PM		ABSolution 30 10:30 AM		LIFT 5:45 PM		04	Jodi B	05	Cory F	06	Kimberly A
14	Curtis R	01	NO CLASS	02	Curtis R	03	Cory F	11	Jodi B	12	Jessica (BHC) M	13	Kimberly A
21	Curtis R	08	Vanessa H	09	Curtis R	10	Cory F	18	Jodi B	19	Cory F	20	Kimberly A
28	Curtis R	15	Vanessa H	16	Curtis R	17	Cory F	25	Jodi B	26	Jessica (BHC) M	27	Kimberly A
CYCLE 5:45 PM		22	Vanessa H	23	Curtis R	24	Cory F	Zumba^ 6:00 PM		MetX & Core 10:45 AM			
07	Cory F	29	Vanessa H	30	Curtis R	31	Cory F	04	Rachel D	Strong by Zumba 10:30 AM		06	Cory F
14	Cory F	YOGA 6:45 PM		POUND 30min 5:15 PM		Zumba^ 6:45 PM		11	Rachel D	05	Lu P	13	Cory F
21	Cory F	01	NO CLASS	02	Sara S	03	Kimberly A	18	Rachel D	12	Lu P	20	Cory F
28	Cory F	08	TBA	09	Sara S	10	Kimberly A	25	Rachel D	19	Constanza S	27	Cory F
ABSolution 30 6:30 PM		15	TBA	16	Sara S	17	Kimberly A			26	Constanza S		
07	Cory F	22	TBA	23	Elyte B	24	Kimberly A			YOGA 11:30 AM			
14	Cory F	29	TBA	30	Elyte B	31	Kimberly A			05	Elyte B		
21	Cory F			Force 5:45 PM						12	Elyte B		
28	Cory F			02	Sara S					19	Elyte B		
				09	Sara S					26	Elyte B		
				16	Sara S								
				23	Judy R								
				30	Judy R								