

# JANUARY - 2019 -- NORTH HILL

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
CYCLE 08:45 AM		Fire 09:30 AM		CYCLE 09:15 AM		TKO 09:30 AM		CYCLE 09:15 AM		TKO 09:00 AM		Force 09:00 AM	
07	Marisa B	01	<b>NO CLASS</b>	02	Marisa B	03	Ron C	04	Lindsey W	05	Ron C	06	Patti H
14	Marisa B	08	Elisa C strong	09	Marisa B	10	Ron C	11	Lindsey W	12	Ron C	13	Patti H
21	Marisa B	15	Philomena V	16	Marisa B	17	Ron C	18	Lindsey W	19	Ron C	20	Kelli H
28	Marisa B	22	George S	23	Marisa B	24	Ron C	25	Lindsey W	26	Ron C	27	Patti H
Force 09:30 AM		29 Philomena V		30 Marisa B		31 Ron C		Zumba^ 09:30 AM		CYCLE 09:15 AM		Zumba^ 10:00 AM	
07	Francesca R	ABSolution 30 4:00 PM		Zumba^ 09:30 AM		Master* Mobility 11:00 AM		04	Kim T	05	Jose B	06	Andrea F
14	Francesca R	01	<b>NO CLASS</b>	02	Jumana A	03	Anthony H	11	Kim T	12	Jose B	13	Jessica M
21	Francesca R	08	Evie W	09	Jumana A	10	Anthony H	18	Kim T	19	Jose B	20	Jessica M
28	Francesca R	15	Evie W	16	Vanessa H	17	Anthony H	25	Kim T	26	Jose B	27	Jessica M
YOGA 4:30 PM		22	Evie W	23	Jumana A	24	Anthony H	CYCLE 4:45 PM		Master Mobility 30 10:05 AM		YOGA 11:15 AM	
07	Rob W	29	Evie W	30	Jumana A	31	Anthony H	04	<b>NO CLASS</b>	05	Ron C	06	Gita G
14	Rob W	Force 4:30 PM		YOGA 4:30 PM		Force 4:30 PM		11	Jose B	12	Ron C	13	Gita G
21	Rob W	01	<b>NO CLASS</b>	02	Gary C	03	Sara S	18	Jodie B	19	Ron C	20	Gita G
28	Rob W	08	Evie W	09	Gary C	10	Sara S	25	Jose B	26	Ron C	27	Gita G
CYCLE 4:45 PM		15	Evie W	16	Gary C	17	Sara S	Force 5:30 PM		Zumba^ 10:40 AM			
07	Lindsey W	22	Evie W	23	Gary C	24	Rachel D	04	Jodie B	05	Noy W		
14	Lindsey W	29	Evie W	30	Gary C	31	Rachel D	11	Philomena V	12	Noy W		
21	Lindsey W	Zumba^ 5:30 PM		CYCLE 4:45 PM		Zumba^ 5:30 PM		18	Jodie B	19	Noy W		
28	Lindsey W	01	<b>NO CLASS</b>	02	Lindsey W	03	Jumana A	25	Jodie B	26	Noy W		
LIFT 5:30 PM		08	Kim T	09	Lindsey W	10	Jumana A			YOGA 11:45 AM			
07	Jeff E	15	Kim T	16	Lindsey W	17	Jumana A			05	Terra F		
14	Jeff E	22	Kim T	23	Lindsey W	24	Jumana A			12	Terra F		
21	Jeff E	29	Kim T	30	Lindsey W	31	Jumana A			19	Terra F		
28	Jeff E	CYCLE 5:30 PM		Rush 5:30 PM		CYCLE 5:30 PM				26	Terra F		
Zumba^ 6:30 PM		01	<b>NO CLASS</b>	02	Michele R	03	Ted W			<b>STRONG by Zumba^</b> is a revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. This is not a dance class.			
07	Michelle B	08	Marie N	09	Lindsey W	10	Lindsey W						
14	Michelle B	15	Marie N	16	Lindsey W	17	Lindsey W						
21	Michelle B	22	Marie N	23	Lindsey W	24	Ted W						
28	Michelle B	29	Marie N	30	Lindsey W	31	Ted W						
		ABSolution 30 6:30 PM		Strong by Zumba 6:30 PM		ABSolution 30 6:30 PM							
		01	<b>NO CLASS</b>	02	Hiroe B	03	Jumana A						
		08	Jeff E	09	Hiroe B	10	Jumana A						
		15	Jeff E	16	Hiroe B	17	Jumana A						
		22	Jeff E	23	Hiroe B	24	Jumana A						
		29	Jeff E	30	Hiroe B	31	Jumana A						
		YOGA 7:15 PM				YOGA 7:15 PM							
		01	<b>NO CLASS</b>			03	Rob W						
		08	Terra F			10	Rob W						
		15	Terra F			17	Rob W						
		22	Terra F			24	Rob W						
		29	Terra F			31	Rob W						