

January 2018 Schedule

Bring Lots of Water, a Yoga Mat & a Great Attitude

Sunday Full Body Fun	Monday Back, Biceps & Cardio	Tuesday Legs & Core	Wednesday Chest, Triceps & Cardio	Thursday Morning - Full Body Weights with Courtney Evening - Full Body Stretch & Sculpt with Sara	Friday Trainer's Workout Choice	Saturday Legs & Shoulders	
<p>CHALLENGE TIME LADIES!!! Start Dates - January 15th and 16th! 12 Weeks Long. \$100.00 Entry Fee! May Join the Challenge as an Individual or with a Partner! BONUS CLASS - Foam Rolling – Please Provide Your Own Foam Roller!!!</p>							
	<p>1 HAPPY NEW YEAR!!! Welcome 2018 Morning Classes 7:00am & 8:15am</p>	<p>2 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am BETTER BODY SPORTS AM Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm BETTER BODY SPORTS PM</p>	<p>3 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm</p>	<p>4 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing</p>	<p>5 Morning Classes 4:45am, 6:00am & 8:30am Evening Classes 6:00pm</p>	<p>6 Morning Classes 6:00am, 7:15am, 8:30am</p>	
<p>7 Morning - 8:00am 9:15am BONUS FOAM ROLLING CLASS</p>	<p>8 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm & 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing</p>	<p>9 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm</p>	<p>10 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm</p>	<p>11 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing</p>	<p>12 Morning Classes 4:45am, 6:00am & 8:30am Evening Classes 6:00pm</p>	<p>13 Morning Classes 6:00am, 7:15am, 8:30am</p>	
<p>14 Morning - 8:00am 9:15am BONUS FOAM ROLLING CLASS</p>	<p>15 BODYFATTEST.COM Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm & 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing</p>	<p>16 BODYFATTEST.COM Morning Classes 4:45am, 6:00am, 7:15am, 8:30am BETTER BODY SPORTS AM Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm BETTER BODY SPORTS PM</p>	<p>17 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm</p>	<p>18 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing</p>	<p>19 Morning Classes 4:45am, 6:00am & 8:30am Evening Classes 6:00pm</p>	<p>20 Morning Classes 6:00am, 7:15am, 8:30am</p>	
<p>21 Morning - 8:00am 9:15am BONUS FOAM ROLLING CLASS</p>	<p>22 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm</p>	<p>23 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm</p>	<p>24 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm</p>	<p>25 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm Full Body Weights PM 7:45pm Cardio Kick Boxing</p>	<p>26 Morning Classes 4:45am, 6:00am & 8:30am Evening Classes 6:00pm</p>	<p>27 Morning Classes 6:00am, 7:15am, 8:30am</p>	
<p>28 Morning - 8:00am</p>	<p>29 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm & 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing</p>	<p>30 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am BETTER BODY SPORTS AM Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm BETTER BODY SPORTS PM</p>	<p>31 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm</p>	<p>Welcome Back EVELINA!!! Friday Evening Class is BACK!!!</p>			

Courtney FnFF Training Mayra FnFF Training Tina FnFF Training Evelina FnFF Training Tara Cardio KickBoxing Sara FnFF Training