



GROUP EXERCISE & SPINNING

Three Springs Road

January 2021

Happy New Year!!

	Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15 am		Power Up Amy		Power Up Amy	Total Tabata Amy		
8:30-9:30 am		Power Up Tina	Spin Chandler		Spin Chandler	F.I.T. Ana	
9:30-10:30 am		Stretch "N" Flex Heather	Spin Tina				
11:00-12:00 am							
5:30-6:30 pm		Zumba Ana		Spin Regina			