



**JANUARY SMALL GROUP TRAINING 2019** (Starts Tuesday January 1<sup>st</sup>)

SPECIALTY CLASSES/WORKSHOPS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30am FIGHTER CONDITIONING \$20/each Andrea B  5:30pm FIGHTER CONDITIONING \$20/each Andrea B	10:30am ATHLETE \$20/each Sami	9:30 FIGHTER CONDITIONING \$20/each Andrea B	9:15am ABS & ASS \$20/each Sami  10:00am ABS & ASS \$20/each Sami	9:30am FIGHTER CONDITIONING \$20/each Andrea B	10:00am ATHLETE \$20/each Kelly

PILATES REFORMER						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:20am GENTLE REFORMER Kim  9:30am REFORMER Melanie  10:45am ACTIVE AGING REFORMER Kim  6:30 BEGINNER REFORMER Kim	9:30am ATHLETIC REFORMER Kelly  12:15pm REFORMER Tracey  6:45 REFORMER Sami	8:15am GENTLE REFORMER Sami  9:30am ADVANCED REFORMER Melanie  4:30pm REFORMER Brittany Brie  5:30pm REFORMER Brittany Brie  6:30 REFORMER Melanie	8:00am REFORMER Kelly  9:30am REFORMER Sami  10:30 REFORMER Sami  11:30am ACTIVE AGING Kelly  12:15pm REFORMER Tracey  4:30pm ATHLETIC REFORMER Kelly  5:30 REFORMER Brittany Brie  6:45pm REFORMER Brittany Brie	8:20am GENTLE REFORMER Kim  9:30am ATHLETIC REFORMER Kelly  10:45am ACTIVE AGING Brittany Brie	9:00am REFORMER Brittany Brie  10:00am REFORMER Brittany Brie	9:00am ATHLETIC REFORMER Kelly  10:00am BEGINNER REFORMER Kim

