




Pam Long-PL
 Angelita Santiago- AS
 Pamela Sulton-PS
 Harry Williams-HW

January 2019- Andy's Gym

Instructors

QUOTE: "GO HARD...THEN GO HOME!"

	Mon	Tue	Wed	Thu	Fri	Sat
			2 8:30am Sp.. Pop-PS 4:15pm Yoga-PL	3 8:30am Sp. Pop-PS 4:00pm T-Bdy-PL	4 4:15pm Soul Cycle-PL @ Vanguard Gym	5 10am Zumba-HW
6	7 4pm Big Loser Circuit Train-PL 5:30pm Zumba-AS	8 8:30am Rhythm-AS Noon-Yoga-TBA 4:00pm Interval- PL 5:30pm Basics-HW	9 8:30am Sp.. Pop-PS 4:15pm Yoga-PL	10 8:30am Sp. Pop-PS 4:00pm T-Bdy-PL	11 4:15pm Soul Cycle-PL @ Vanguard Gym	12 10am Zumba-HW
13	14 4pm Big Loser Circuit Train-PL 5:30pm Zumba-AS	15 8:30am Rhythm-AS Noon-Yoga-TBA 4:00pm Interval- PL 5:30pm Basics-HW	16 8:30am Sp.. Pop-PS 4:15pm Yoga-PL	17 8:30am Sp. Pop-PS 4:00pm T-Bdy-PL	18 4:15pm Soul Cycle-PL @ Vanguard Gym	19 10am Zumba-HW
20	21 MLK Bike Ride 8am 	22 8:30am Rhythm-AS Noon-Yoga-TBA 4:00pm Interval- PL 5:30pm Basics-HW	23 8:30am Sp.. Pop-PS 4:15pm Yoga-PL	24 8:30am Sp. Pop-PS 4:00pm T-Bdy-PL	25 4:15pm Soul Cycle-PL @ Vanguard Gym	26 10am Zumba-HW
27	28 4pm Big Loser Circuit Train-PL 5:30pm Zumba-AS	29 8:30am Rhythm-AS Noon-Yoga-TBA 4:00pm Interval- PL 5:30pm Basics-HW	30 8:30am Sp.. Pop-PS 4:15pm Yoga-PL	31 8:30am Sp. Pop-PS 4:00pm T-Bdy-PL		

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