

Fitness

January-25-15 - January-31-15

January 15

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 15

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

	25 Sunday	26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday	31 Saturday
7 am			Tabata	Morning Glory Yoga	Call of Booty		
8⁰⁰							
9⁰⁰							
10⁰⁰		Express Fitness	Express Fitness	Express Fitness	Express Fitness	Express Fitness	All Level Yoga
11⁰⁰		Yogalates	MMA for Self Defense	Extreme Fit	Barre Method Pilates	Introductory Yoga	All Level Yoga
12 pm	Full Body Fit	Express Fitness	Express Fitness	Express Fitness	Zumba	Express Fitness	Express Fitness
1⁰⁰		Hatha Yoga	Yoga for Brock Staff	Insane Fit	Fitness Kickboxing	Bro'ga	
2⁰⁰		Zumba Toning	Extreme Fit	Kickstart to Kickbox	Zumba Toning		
3⁰⁰							
4⁰⁰		Express Fitness	Express Fitness	Express Fitness	Express Fitness		
5⁰⁰		Yin Yoga	Zumba	Vinyasa Flow Yoga	Yogalates		
6⁰⁰		Pilates	Yogatherapy	Beginner's Bootcamp: level 1	Insane Fit		
7⁰⁰			Intro to Yoga	Hip Hop	Zumba		
8⁰⁰				Dance Technique and Conditioning			
9⁰⁰		Brock Dance	Japanese Swordsmanship		Brock Dance		
10⁰⁰							