



# January 2018 Employee Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
1 NO CLASS  HAPPY NEW YEAR!	2 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata	3 12:00-12:30pm Tabata	4 12:00-12:30pm BOSU/Core/Cardio 4:30-5:30pm Anything Goes	5 12:00-12:30 Body Blast
8 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul	9 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata	10 12:00-12:30pm Total Body Tone	11 12:00-12:30pm Tabata 4:30-5:30pm Anything Goes	12 12:00-12:30pm Body Blast
15 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul	16 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata	17 12:00-12:30pm Tabata	18 12:00-12:30pm BOSU/Core/Cardio 4:30-5:30pm Anything Goes	19 12:00-12:30pm Body Blast
22 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul	23 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata	24 12:00-12:30pm Total Body Tone	25 12:00-12:30pm Tabata 4:30-5:30pm Anything Goes	26 12:00-12:30pm Body Blast
29 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul	30 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata	31 12:00-12:30pm Tabata		