

Group Personal Training January 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

| 12/29 | 12/30 | 12/31 | 1 | 2 | 3 | 4 |
|---------------------------|--|-----------------------------------|--|--|---|--|
| 930a Boxing 1030a yoga | 930a/5p/ 545 p Full Body Tabata 630p Core Strength | 9:30am 5/ 545pm Box & body | New Years' Day New Classes | 5/ 545/630p MetCon 630p Core Training 720p Yoga Flow | Personal Training 8a – 12 noon | 830a Sculpted 930a BXAO 1040a Boxing |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 930a Boxing 1030a yoga | 930a 430/5/ 545 p Full Body Tabata 630p Core Strength | 5 / 545/ 630/715p Box & body | 930a 5p/ 545p/6:30p/715p Sculpted | 9:30a/ 5/ 545/630p MetCon 630p Core Training 720p Yoga Flow | Personal Training 8a – 12 noon | 830a Sculpted 930a BXAO 1040a Boxing |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 930a Boxing 1030a yoga | 930a/430/5p/ 545p Full Body Tabata 630p Core Strength | 5 / 545/ 630/715p Box & Body | 930a 5p/ 545p/6:30p/715p Sculpted | 9:30a/ 5/ 545/630p MetCon 630p Core Training 720p Yoga Flow | PT 8a – 12p Personal Training | 830a Sculpted 930a BXAO 1040a Boxing |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 930a Boxing 1030a yoga | 930a/430p/5p/ 545p Full Body Tabata 630p Core Strength | 5 / 545/630/ 715p Box & Body | 930a 5p/ 545p/6:30p/715p Sculpted | 9:30a/ 5/ 545/630p MetCon 630p Core Training 720p Yoga Flow | PT 8a – 12p Personal Training | 830a Sculpted 930a BXAO 1040a Boxing |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| 930a Boxing 1030a yoga | 930a/430/5p/ 545 p Full Body Tabata 630p Core Strength | 930a/5/545/630/715p Box & Body | 930a 5p/ 545p/6:30p/715p Sculpted | 9:30a/ 5/ 545/630p MetCon 630p Core Training 720p Yoga Flow | PT 8a – 12p Personal Training | |