

Jan. Calendar 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan. 1st <i>Join us Tuesdays-Saturdays 6 classes a week for \$49 unlimited or \$80 a punch card of 10.</i>		Jan. 2nd <i>No Class until Kids return to school!!</i>	Jan. 3rd <i>6 a.m. PIYO w/ Denise 9:00 Barrefit with Denise</i>	4th <i>8:30 PILATES REFORM W/DENISE</i>	5th <i>9:00 A.M. BARREFFIT WITH DENISE</i>	6th <i>8:15-9:05 PILATES Reform and Sculpt with Denise *Signature Class*</i>
7th <i>Please note: Tuesday/Thurs. classes are at 8:30 and Wed/Friday a.m. classes are at 9:00 a.m.</i>	8th	9th <i>8:30 MAX 45 all cardio with Linda 45 minutes</i>	10th <i>6 a.m. PIYO w/ Denise 9:00 Barrefit with Denise</i>	11th <i>8:30 PILATES REFORM W/DENISE</i>	12th <i>9:00 A.M. BARREFFIT WITH DENISE</i>	13th <i>No classes over MLK DAY</i>
14th <i>Beginning this week Linda will be taking over Friday Barre classes at 9 a.m. until Spring</i>	15th <i>MLK day no classes!</i>	16th <i>8:30 MAX 45 all cardio with Linda 45 minutes</i>	17th <i>6 a.m. PIYO w/ Denise 9:00 Barrefit with Denise</i>	18th <i>8:30 PILATES REFORM W/DENISE</i>	19th <i>9:00 a.m. Barrefit with LINDA</i>	20th <i>8:15-9:05 am Pilates Reform and Sculpt Pilates, ropes, cardio, weights.....  Denise *Signature Class*</i>
21	22-Jan	23 <i>8:30 MAX 45 all cardio with Linda 45 minutes</i>	24 <i>6 A.M PIYO w/Denise 9:00 Barrefit with Denise</i>	25 <i>8:30 PILATES REFORM W/DENISE</i>	26 <i>9:00 A.M. BARREFFIT WITH Linda</i>	27 <i>8:15-9:05 am Pilates Reform and Sculpt Pilates, ropes, cardio, weights.....  Denise *Signature Class*</i>
28	29th	30 <i>8:30 Max Cardio HIIT and TABATA 45 minutes! WITH LINDA</i>	31-Jan <i>6 a.m. PIYO with Denise 9:00 Barrefit with Denise</i>	Feb. 1st	Feb. 2nd	Feb. 3rd
				Feb. 1st <i>8:30 PILATES REFORM W/DENISE</i>	Feb. 2nd <i>9:00 a.m. Barrefit with Linda</i>	<i>8:15-9:05 am Pilates Reform and Sculpt Pilates, ropes, cardio, weights.....  Denise *Signature Class*</i>

Pilates Reform and Scul

First Time always Free  
Drop in \$10  
Punch Card 10 Classes

Denise  
\*Signature Class\*

X=Express Class 45 minutes