



# January

## Saturday Class Lineup



### January 5th

8- Cycling- Cynthia

***9-Cxworx Launch***

9- Water Fit- Erica

10:15- Yoga- Ali

### January 19<sup>th</sup>

8 – Cycling – Brittany

***9-Bodycombat***

***Launch***

9 – Water Fit – Ester

10:15- Yoga – Ester

### January 12<sup>th</sup>

7-Step- Robin

8 – Cycling- Brittany

***9- Bodypump***

***Launch***

9- Water Fit- Erica

10:15- Yoga-

### January 26<sup>th</sup>

7- Cardio Strength interval- Robin

8- Cycling- Jamilia

***9- Grit Launch***

9- Water Fit- Kellie

10:15- Yoga- Ester