

# Jan-19



## Holiday Hours



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
30	31 OPEN 12-4 PM	1 GYM CLOSED	2	3 5:30 - 6:30 PM INTERVAL TRAINING Nick	4 12:15 - 12:45 PM HIIT CIRCUIT Nick	5 10:00 - 11 AM FLOW YOGA Ilse	
6	7 12:15- 12:45 PM ABS CIRCUIT w/ Nick 6:00 -6:45 PM BOOTCAMP w/Sara A.	8 6:30 - 7:30 PM VINYASA YOGA Ilse	9 6:00 - 6:45 PM BOOTCAMP Sara A.	10	11 12:15 - 12:45 PM HIIT CIRCUIT Nick	12 10:00 - 11 AM FLOW YOGA Ilse	
13	14 NEW SCHEDULE STARTS	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31	1	2	
3	4	Notes					