

# JANUARY

## GROUP FITNESS SCHEDULE

Fairchild Fitness Center - 92 FSS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4
REVIVE 1000-1045 (Amy)  ZUMBA 1100-1145 (Amy)  WT FLOOR TRAINING 1200-1245 (Amy)  WT FLOOR TRAINING 1245-130 (Amy)	NO CLASS FAMILY DAY	NO CLASS HOLIDAY	REVIVE 1000-1045 (Amy) ZUMBA 1100-1145 (Amy) WT FLOOR TRAINING 1200-1245 (Amy) WT FLOOR TRAINING 1245-130 (Amy) FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)	NO CLASS	NO CLASS
6	7	8	9	10	11
REVIVE 1000-1045 (Amy)  ZUMBA 1100-1145 (Amy)  WT FLOOR TRAINING 1200-1245 (Amy)	FIT SPLIT 1645-1730 (Bradley)  STRENGTH + MOBILITY 1730-1815 (Bradley)	POWER PUMP 1100-1145 (Amy)  WT FLOOR TRAINING 1200-1245 (Amy)	FIT SPLIT 1645-1730 (Bradley)  STRENGTH + MOBILITY 1730-1815 (Bradley)	ZUMBA 1100-1200 (Amy)	NO CLASS
13	14	15	16	17	18
REVIVE 1000-1045 (Amy)  ZUMBA 1100-1145 (Amy)  WT FLOOR TRAINING 1200-1245 (Amy)	FIT SPLIT 1645-1730 (Bradley)  STRENGTH + MOBILITY 1730-1815 (Bradley)	POWER PUMP 1100-1145 (Amy)  WT FLOOR TRAINING 1200-1245 (Amy)  WT FLOOR TRAINING 1245-130 (Amy)	FIT SPLIT 1645-1730 (Bradley)  STRENGTH + MOBILITY 1730-1815 (Bradley)	NO CLASS FAMILY DAY	NO CLASS
20	21	22	23	24	25
NO CLASS HOLIDAY	FIT SPLIT 1645-1730 (Bradley)  STRENGTH + MOBILITY 1730-1815 (Bradley)	POWER PUMP 1100-1145 (Amy)  WT FLOOR TRAINING 1200-1245 (Amy)  WT FLOOR TRAINING 1245-130 (Amy)	FIT SPLIT 1645-1730 (Bradley)  STRENGTH + MOBILITY 1730-1815 (Bradley)	ZUMBA 1100-1200 (Amy)	NO CLASS
27	28	29	30	31	
REVIVE 1000-1045 (Amy)  ZUMBA 1100-1145 (Amy)  WT FLOOR TRAINING 1200-1245 (Amy)	FIT SPLIT 1645-1730 (Bradley)  STRENGTH + MOBILITY 1730-1815 (Bradley)	POWER PUMP 1000-1045 (Amy)  WT FLOOR TRAINING 1045-1130 (Amy)	NO CLASS	ZUMBA 1100-1200 (Amy)	