

JANUARY

2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|--|---|--|---|----------|
| 29 | 30 | 31 | 1 Happy New Year!! | 2 8:00a PulseFit 11:00a SilverFit 5:30p PulseFit | 3 9:00a GroupFit 10:00a PulseFit | 4 |
| 5 | 6 9:00a GroupFit 10:00a PulseFit 10:30a Stretch 5:30p ReFit | 7 8:00a PulseFit 8:45a PulseFit 11:30a SilverFit 5:30p PulseFit | 8 9:00a GroupFit 10:00a PulseFit | 9 8:00a PulseFit 11:00a SilverFit 5:30p PulseFit | 10 9:00a GroupFit 10:00a PulseFit | 11 |
| 12 | 13 9:00a GroupFit 10:00a PulseFit 10:30a Stretch 5:30p ReFit | 14 8:00a PulseFit 8:45a PulseFit 11:30a SilverFit 5:30p PulseFit | 15 9:00a GroupFit 10:00a PulseFit | 16 8:00a PulseFit 11:00a SilverFit 5:30p PulseFit | 17 9:00a GroupFit 10:00a PulseFit | 18 |
| 19 | 20 9:00a GroupFit 10:00a PulseFit 10:30a Stretch 5:30p ReFit | 21 8:00a PulseFit 8:45a PulseFit 11:30a SilverFit 5:30p PulseFit | 22 9:00a GroupFit 10:00a PulseFit | 23 8:00a PulseFit 11:00a SilverFit 5:30p PulseFit | 24 9:00a GroupFit 10:00a PulseFit | 25 |
| 26 | 27 9:00a GroupFit 10:00a PulseFit 10:30a Stretch 5:30p ReFit | 28 8:00a PulseFit 8:45a PulseFit 11:30a SilverFit 5:30p PulseFit | 29 9:00a GroupFit 10:00a PulseFit | 30 8:00a PulseFit 11:00a SilverFit 5:30p PulseFit | 31 9:00a GroupFit 10:00a PulseFit | 1 |