

January Schedule

*All Classes on this schedule are free to our members (except as indicated) and are 50 minutes in duration!
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Time	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5:30am	MFIT 365 Enrollment & Fee Required	MFIT 365 Enrollment & Fee Required	MFIT 365 Enrollment & Fee Required	MFIT 365 Enrollment & Fee Required	MFIT 365 Enrollment & Fee Required		
8:00am	MFIT 365 Enrollment & Fee Required		MFIT 365 Enrollment & Fee Required		MFIT 365 Enrollment & Fee Required		
9:00am	MFIT 365 Enrollment & Fee Required	Cardio Combo w/Lisa	MFIT 365 Enrollment & Fee Required	PIYO-STRENGTH w/Tammy	MFIT 365 Enrollment & Fee Required	TABATA/ PILATES 30min/25min w/Melinda	
10:00am	AIT w/Angela	Functional Training w/ Adana	AIT w/Angela	Functional Training w/ Lara	Yoga w/Ann	ZUMBA w/Candace	
3:00pm							
4:00pm		MFIT 365 Enrollment & Fee Required		MFIT 365 Enrollment & Fee Required			FIT CAMP w/Elizabeth or Lori-Beth
5:00pm	MAX w/Lori-Beth	FIT CAMP w/Elizabeth	MAX w/Lori-Beth	KICK BOXING COMBO w/Melinda			
6:00pm	ZUMBA w/ Lara	ZUMBA w/Renee	Mid-Week Mashup w/Lara	ZUMBA w/Ann			
7:00pm	PIYO-STRENGTH w/Tammy	RIP w/Adana	F.I.T. BARRE w/Adana	RIP w/Adana			



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