

	Mon	Tue	Wed	Thu	Fri	
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <h1 style="margin: 0;">January 2021</h1> <h2 style="margin: 0;">Group Ex</h2> </div>			Studio 1 The Haven Yoga Studio The Loft Cycle Studio The Tides Indoor Pool Basketball Court		1 <i>Happy New Year!!</i>	2 8:30 Cardio Bootcamp Stacey 9:00 Sprint Amelia 9:45 BP Amelia 9:45 BF Stacey 10:00 Water Sherrri
3	8:30 FC Mica 9:45 Sprint Deanna 9:45 Core Yoga Christine 10:00 Water Aerobics Joan 11:30 PT: Stretch & Flex Corrin 5:30 BP Heidi 6:00 Sprint Paige 6:45 CX/Yoga Heidi 6:45 BF Adrienne	5:30 N10c Annie 8:30 FS Lisa 8:30 Gentle Yoga Corrin 9:45 BP Deanna 9:45 BF Heidi 5:30 Cardio Bootcamp Taylor 6:45 Gentle Yoga Christine 7:00 Water Sherrri	5:30 BP Xpress Paige 8:30 FC Mica 9:45 HIIT IT! Deanna 10:00 Water Sabrina 10:45 Slow Flow & Stretch Corrin 12:00 BP/CX Heidi 5:30 Athletic Training Paige 6:45 BP Taylor 6:45 Slow Flow & Stretch Corrin	5:30 N10c Annie 8:30 FS Lisa 9:45 BP Heidi 9:45 Slow Flow Detox Corrin 9:45 Sprint Deanna 5:30 20/20/20 Paige 5:30 Gentle Yoga Christine 6:00 Sprint Kristin 6:45 CX/Yoga Heidi 6:45 BF Renee	8:30 20/20/20 Lisa 8:30 Gentle Yoga Heidi 9:45 Athletic Training Taylor 9:45 BF Heidi 10:00 Water Aerobics Sherrri 11:30 PT: Balance & Coordination Sherrri	8:30 HIIT IT! Taylor 9:00 Sprint Paige 9:45 BP Amelia 9:45 BF Adrienne 10:00 Water Sabrina
10	8:30 FC Mica 9:45 Sprint Deanna 9:45 Core Yoga Christine 10:00 Water Aerobics Joan 11:30 PT: Stretch & Flex Corrin 5:30 BP Heidi 6:00 Sprint Paige 6:45 CX/Yoga Heidi 6:45 BF Adrienne	5:30 N10c Annie 8:30 FS Lisa 8:30 Gentle Yoga Corrin 9:45 BP Deanna 9:45 BF Heidi 5:30 Cardio Bootcamp Taylor 6:45 Gentle Yoga Christine 7:00 Water Sherrri	5:30 BP Xpress Paige 8:30 FC Mica 9:45 HIIT IT! Deanna 10:00 Water Sabrina 10:45 Slow Flow & Stretch Corrin 12:00 BP/CX Heidi 5:30 Athletic Training Paige 6:45 BP Taylor 6:45 Slow Flow & Stretch Corrin	5:30 N10c Annie 8:30 FS Lisa 9:45 BP Heidi 9:45 Slow Flow Detox Corrin 9:45 Sprint Deanna 5:30 20/20/20 Paige 5:30 Gentle Yoga Christine 6:00 Sprint Amelia 6:45 CX/Yoga Heidi 6:45 BF Renee	8:30 20/20/20 Lisa 8:30 Gentle Yoga Heidi 9:45 Athletic Training Deanna 9:45 BF Heidi 10:00 Water Aerobics Sherrri 11:30 PT: Balance & Coordination Sherrri	8:30 HIIT IT! Taylor 9:00 Sprint Paige 9:45 BP Amelia 9:45 BF Renee 10:00 Water Sherrri
17	8:30 FC Mica 9:45 Sprint Paige 9:45 Core Yoga Christine 10:00 Water Aerobics Joan 11:30 PT: Stretch & Flex Corrin 5:30 BP Heidi 6:00 Sprint Paige 6:45 CX/Yoga Heidi 6:45 BF Stacey	5:30 N10c Annie 8:30 FS Lisa 8:30 Gentle Yoga Corrin 9:45 BP Deanna 9:45 BF Heidi 5:30 Cardio Bootcamp Taylor 6:45 Gentle Yoga Christine 7:00 Water Sherrri	5:30 BP Xpress Paige 8:30 FC Mica 9:45 HIIT IT! Deanna 10:00 Water Sabrina 10:45 Slow Flow & Stretch Corrin 12:00 BP/CX Heidi 5:30 Athletic Training Paige 6:45 BP Paige 6:45 Slow Flow & Stretch Corrin	5:30 N10c Annie 8:30 FS Joan 9:45 BP Heidi 9:45 Slow Flow Detox Corrin 9:45 Sprint Deanna 5:30 20/20/20 Paige 5:30 Gentle Yoga Christine 6:00 Sprint Kristin 6:45 CX/Yoga Heidi 6:45 BF Renee	8:30 20/20/20 Mica 8:30 Gentle Yoga Heidi 9:45 Athletic Training Taylor 9:45 BF Heidi 10:00 Water Aerobics Sherrri 11:30 PT: Balance & Coordination Sherrri	8:30 HIIT IT! Taylor 9:00 Sprint Paige 9:45 BP Amelia 9:45 BF Adrienne 10:00 Water Sabrina
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