

January 2022

Group Ex – The Studio

	Mon	Tue	Wed	Thu	Fri	
						1 <i>Happy New Year</i>
2	3	4	5	6	7	8
1:00 BP Judson	8:30 FC Mica 9:30 N10c Annie 9:35 Deep Stretch Mica 10:15 GRIT Deanna 11:00 PT: Chair Stretch & Flex Corrin 5:30 BP Betsey 6:35 Core 30 Penny	8:30 FS Lisa 9:35 BP Deanna 12:00 Slow Flow Yoga Jenny 5:30 Cardio Bootcamp Taylor 6:35 Zumba Theresa	5:15 BP Stephanie 8:30 FC Diana 9:35 HIIT IT! Deanna PT: Zumba Gold Sabrina 12:00 BP/Core Heidi 6:00 GRIT Paige 6:35 BP Paige	8:30 FS Lisa 9:35 BP Heidi 5:30 BC Paige 6:35 Core 30 Heidi	8:30 FitMix Mica 9:30 N10c Annie 9:35 BC Deanna 11:00 PT: Balance & Coordination Sherri	8:30 Cardio Bootcamp Taylor 9:35 BP Taylor
9	10	11	12	13	14	15
1:00 BP Judson	8:30 FC Mica 9:30 N10c Annie 9:35 Deep Stretch Mica 10:15 GRIT Deanna 11:00 PT: Chair Stretch & Flex Corrin 5:30 BP Heidi 6:35 Core 30 Heidi	5:30 N10c Stacey 8:30 FS Lisa 9:35 BP Deanna 12:00 BF Heidi 5:30 Cardio Bootcamp Taylor 6:35 Zumba Rolanda	5:15 BP Stephanie 8:30 FC Diana 9:35 HIIT IT! Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BP/Core Heidi 6:00 GRIT Paige 6:35 BP Paige	8:30 FS Lisa 9:35 BP Amelia 5:30 BC Paige 6:35 Core 30 Heidi	8:30 FitMix Mica 9:30 N10c Annie 9:35 BC Penny 11:00 PT: Balance & Coordination Sherri	8:30 Cardio Bootcamp Taylor 9:35 BP Amelia
16	17	18	19	20	21	22
1:00 BP Betsey 2:00 Holy Yoga Kelly	8:30 FC Mica 9:30 N10c Annie 9:35 Deep Stretch Mica 10:15 GRIT Deanna 11:00 PT: Chair Stretch & Flex Corrin 5:30 BP Heidi 6:35 Core 30 Heidi	5:30 N10c Stacey 8:30 FS Lisa 9:35 BP Deanna 12:00 BF Heidi 5:30 Cardio Bootcamp Taylor 6:35 Zumba Theresa	5:15 BP Stephanie 8:30 FC Diana 9:35 HIIT IT! Deanna PT: Zumba Gold Sabrina 12:00 BP/Core Heidi 6:00 GRIT Paige 6:35 BP Paige	8:30 FS Lisa 9:35 BP Heidi 5:30 BC Paige 6:35 Core 30 Heidi	8:30 FitMix Mica 9:30 N10c Betsey 9:35 BC Deanna 11:00 PT: Balance & Coordination Sherri	8:30 GRIT Launch 9:05 BODYPUMP Launch 10:10 Les Mills CORE Launch
23	24	25	26	27	28	29
1:00 BP Judson	8:30 FC Mica 9:30 N10c Annie 9:35 Deep Stretch Mica 10:15 GRIT Deanna 11:00 PT: Chair Stretch & Flex Corrin 5:30 BP Heidi 6:35 Core 30 Heidi	5:30 N10c Stacey 8:30 FS Lisa 9:35 BP Deanna 12:00 BF Heidi 5:30 Cardio Bootcamp Taylor 6:35 Zumba Rolanda	5:15 BP Stephanie 8:30 FC Diana 9:35 HIIT IT! Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BP/Core Heidi 6:00 GRIT Paige 6:35 BP Paige	8:30 FS Lisa 9:35 BP Heidi 5:30 BC Paige 6:35 Core 30 Heidi	8:30 FitMix Mica 9:30 N10c Annie 9:35 BC Deanna 11:00 PT: Balance & Coordination Sherri	8:30 Cardio Bootcamp Taylor 9:35 BP Taylor
30	31					
1:00 BP Judson 2:00 Holy Yoga Kelly	8:30 FC Mica 9:30 N10c Annie 9:35 Deep Stretch Mica 10:15 GRIT Deanna 11:00 PT: Chair Stretch & Flex Corrin 5:30 BP Heidi 6:35 Core 30 Heidi					

The Haven Studio – January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Happy New Year
2 2:00 Holy Yoga Kelly	3 9:35 Core Yoga Christine 10:35 Hot Detox Yoga Christine 6:00 PiYo Theresa 7:00 Les Mills BARRE Adrienne 7:35 BF Adrienne	4 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:35 Les Mills BARRE Jill	5 9:30 Mat Pilates Amy 10:35 Slow Flow & Stretch Corrin 5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny	6 9:35 Slow Flow Detox Corrin 5:30 Mat Pilates Amy 6:35 BF Renee	7 8:30 Gentle Yoga Heidi 9:35 BF Heidi 12:00 Power Yoga Heidi	8 8:30 Slow Flow Yoga Emily 9:35 BF Adrienne
9 2:00 Holy Yoga Kelly	10 9:35 Core Yoga Christine 10:35 Hot Detox Yoga Christine 6:00 PiYo Theresa 7:00 Les Mills BARRE Adrienne 7:35 BF Adrienne	11 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:35 Les Mills BARRE Jill	12 9:30 Mat Pilates Amy 10:35 Slow Flow & Stretch Corrin 5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny	13 9:35 Slow Flow Detox Corrin 5:30 Mat Pilates Amy 6:35 BF Renee	14 8:30 Gentle Yoga Heidi 9:35 BF Heidi 12:00 Power Yoga Heidi	15 8:30 Slow Flow Yoga Emily 9:35 BF Renee
16 Studio 2 Closed for Yoga Teacher Training Check Studio 1 Schedule	17 9:35 Core Yoga Christine 10:35 Hot Detox Yoga Christine 6:00 PiYo Theresa 7:00 Les Mills BARRE Jill 7:35 BF Renee	18 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:35 Les Mills BARRE Jill	19 9:30 Mat Pilates Amy 10:35 Slow Flow & Stretch Corrin 5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny	20 9:35 Slow Flow Detox Corrin 5:30 Mat Pilates Amy 6:35 BF Adrienne	21 8:30 Gentle Yoga Heidi 9:35 BF Heidi 12:00 Power Yoga Heidi	22 8:30 Slow Flow Yoga Emily 9:35 BODYFLOW Launch 10:35 Les Mills BARRE Launch
23 2:00 Holy Yoga Kelly	24 9:35 Core Yoga Christine 10:35 Hot Detox Yoga Christine 6:00 PiYo Theresa 7:00 Les Mills BARRE Adrienne 7:35 BF Adrienne	25 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Jenny 10:35 Les Mills BARRE Jill	26 9:30 Mat Pilates Amy 10:35 Slow Flow & Stretch Corrin 5:30 Cardio Yoga Taylor 6:35 Slow Flow & Stretch Jenny	27 9:35 Slow Flow Detox Corrin 5:30 Mat Pilates Amy 6:35 BF Renee	28 8:30 Gentle Yoga Heidi 9:35 BF Heidi 12:00 Power Yoga Heidi	29 8:30 Slow Flow Yoga Emily 9:35 BF Stacey
30 Studio 2 Closed for Yoga Teacher Training Check Studio 1 Schedule	31 9:35 Core Yoga Christine 10:35 Hot Detox Yoga Christine 6:00 PiYo Theresa 7:00 Les Mills BARRE Adrienne 7:35 BF Adrienne					

The Loft Cycling Studio – January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>Happy New Year</i>
2	3 9:35 SPRINT Deanna 6:00 SPRINT Amelia	4 5:45 RPM Betsey	5 9:35 Spintense Betsey	6 9:35 SPRINT Deanna 6:00 SPRINT Kristin	7	8 9:00 SPRINT Paige
9	10 9:35 SPRINT Deanna 6:00 SPRINT Amelia	11 5:45 RPM Betsey	12 9:35 Spintense Betsey	13 9:35 SPRINT Deanna 6:00 SPRINT Kristin	14	15 9:00 SPRINT Amelia
16	17 9:35 SPRINT Deanna 6:00 SPRINT Amelia	18 5:45 RPM Betsey	19 9:35 Spintense Betsey	20 9:35 SPRINT Deanna 6:00 SPRINT Kristin	21	22 8:30 SPRINT Launch 9:05 RPM Launch
23	24 9:35 SPRINT Deanna 6:00 SPRINT Paige	25 5:45 RPM Betsey	26 9:35 Spintense Betsey	27 9:35 SPRINT Deanna 6:00 SPRINT Kristin	28	29 9:00 SPRINT Paige
30	31 9:35 SPRINT Deanna 6:00 SPRINT Kristin					

Water Aerobics – January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>Happy New Year!</i>
2	3 9:30 Water Aerobics Kelly	4 9:30 WaterFit Sherri 7:00 Water Aerobics Sherri	5 9:30 Water Aerobics Sabrina	6 9:30 Water Tai Chi Paty 1:00 Aqua Mix Sabrina 7:00 Water Aerobics Amy	7 9:30 Water Aerobics Sherri	8 9:30 Water Aerobics Sabrina
9	10 9:30 Water Aerobics Kelly	11 9:30 WaterFit Sherri 7:00 Water Aerobics Sherri	12 9:30 Water Aerobics Sabrina	13 9:30 Water Tai Chi Paty 1:00 Aqua Mix Sabrina 7:00 Water Aerobics Amy	14 9:30 Water Aerobics Sherri	15 9:30 Water Aerobics Sherri
16	17 9:30 Water Aerobics Kelly	18 9:30 WaterFit Sherri 7:00 Water Aerobics Sherri	19 9:30 Water Aerobics Sabrina	20 9:30 Water Tai Chi Paty 1:00 Aqua Mix Sabrina 7:00 Water Aerobics Amy	21 9:30 Water Aerobics Sherri	22 9:30 Water Aerobics Sabrina
23	24 9:30 Water Aerobics Kelly	25 9:30 WaterFit Sherri 7:00 Water Aerobics Sherri	26 9:30 Water Aerobics Sabrina	27 9:30 Water Tai Chi Paty 1:00 Aqua Mix Sabrina 7:00 Water Aerobics Amy	28 9:30 Water Aerobics Sherri	29 9:30 Water Aerobics Sherri
30	31 9:30 Water Aerobics Kelly					