


January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Jan.... 1st	2	3	4	5	6
		5:15AM JB- I Spin Stretch 8:30AM SD - RD 6:30PM AJ- C100 Fresh Start	5:15AM BT- S 6:00AM BS- I 9:00-10:00 FV-I 6:30PM BD - I	5:15AM DC- S 9:00AM AJ- I 6:30PM BF/MF- S	5:15AM AJ- S 6:00AM AJ- I 9:15-10:30 BD - A+C 4:15PM HA - I Bang your Head	10:00AM -11:00AM JB-S/I
7	8	9	10	11	12	13
	5:15AM BS-I 6:00AM BT- S 9:00 HA- S/I 10:30AM -11:30AM BF/MF-I 6:45PM BF/MF	5:15AM JB- I Spin Stretch 8:30AM SD - RD 6:30PM BF/MF- C100	Legendary Climb 5:15AM HA- S 6:00AM BS- I 9:00-10:00 FV-S 6:30PM BD - S	5:15AM DC- S 9:00AM DC- I 6:30PM BF/MF- S T.B.T	5:15AM BS S 6:00AM BS- I 9:15-10:30 BD - A+C 4:15PM AW WATTS UP??	10:00AM -11:00AM AW - I
14	15	16	17	18	19	20
	5:15AM BS- I 6:00AM BT- S 9:00 HA - I 6:45PM AJ-I	5:15AM JB- I/S Spin Stretch 8:30AM SD -I 6:30PM AJ- RD	5:15AM BT- S 6:00AM BS- I 9:00-10:00 FV- RD 6:30PM BD- I	5:15AM DC- I Special Request 9:00AM AJ- S 6:30PM MF/BF-I	5:15AM AJ- I 6:00AM AJ- S 9:15-10:30 BD A + C 4:15PM AW - S 80's Hills and Sprints	10:00AM -11:00AM JB - I
21	22	23	24	25	26	27
	5:15AM BS- S Classic Rock 6:00AM BT- I 9:00 AM HA-RD 6:45PM AJ- S	5:15AM JB - RD Spin Stretch 8:30AM SD-S 6:30PM AJ- I	5:15AM AJ- I 6:00AM BS - S/I 9:00-10:00 FV- S/I 6:30PM BD - RD	5:15AM DC- I 9:00AM AJ- I/S Disco Jam 6:30PM BF/MF-C100	Whole Lotta Tabata 6:00AM BS- S 9:15-10:30 BD A + C 4:15PM HA - S	10:00AM -11:00AM HA- S
28	29	30	31			
	New Year, New You 5:15AM BS- I 6:00AM BT- S?I 10:30AM -11:30PM ED-I/S 9:00 AM HA-I 6:45PM AJ- I 3-2-1 Go!	5:15AM JB - RD Spin Stretch 8:30AM SD-S 6:30PM AJ- S	5:15AM AJ- S 6:00AM BS - S 9:00-10:00 FV- I 6:30PM BD- S			
Reservation may be required Call (281) 497-7570	ED - Erin Danielson AW-Allison Whisler BT-Bill Thomas	BD-Betsy Dodson BS-Becky Stevens AJ-Alice Jones	JB-Jeff Biehl DC-Debbie Cannella FV-Felipe Veracochea	CC-Charlotte Crawford SD-Sue Donahoe HA-Heather Attaway	JO- Osbon BF/MF- Bill/Michele Foss	JJ-Jennifer Jeray fitness@fitmac.com or (281) 497-7570