

DYNAMIC & YOGA FITNESS CENTER

January 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	STUDIO CLOSED HAPPY NEW YEAR!	5:45 Total Body 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba 6:30 NO CLASS	8:30 Kick it Up 12:15 Slow Flow Yoga 4:30 Cardio Circuit 5:30 Beginner Barre	5:45 Body Blast 8:30 Zumba 9:30 Vinyasa Yoga 12:15 Strength 4:30 Cycling 5:30 Zumba	5:45 PiYo 8:30 Strength	8:30 Zumba 9:30 Vinyasa Yoga
7	8	9	10	11	12	13
	5:45 Cycling 8:30 Bootcamp 12:15 Slow Flow Yoga 4:30 Boxing 5:30 PiYo 6:30 Yoga Level 1	5:45 Total Body 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba 6:30 NO CLASS	8:30 Kick it Up 12:15 Slow Flow Yoga 4:30 Cardio Circuit 5:30 Beginner Barre	5:45 Body Blast 8:30 Zumba 9:30 Vinyasa Yoga 12:15 Strength 4:30 Cycling 5:30 Zumba	5:45 PiYo 8:30 Strength	8:30 Zumba 9:30 Vinyasa Yoga
14	15	16	17	18	19	20
	5:45 Cycling 8:30 Bootcamp 12:15 NO CLASS 4:30 Boxing 5:30 PiYo 6:30 Yoga Level 1	5:45 Total Body 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba 6:30 NO CLASS	8:30 Kick it Up 12:15 Slow Flow Yoga 4:30 Cardio Circuit 5:30 Beginner Barre	5:45 Body Blast 8:30 Zumba 9:30 Vinyasa Yoga 12:15 Strength 4:30 Cycling 5:30 Zumba	5:45 PiYo 8:30 Strength	8:30 Zumba 9:30 Vinyasa Yoga
21	22	23	24	25	26	27
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28	29	30	31			
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notes						
notes	Schedule Change Cancelled Class 30 Minute Class					