

DOWNTOWN JANUARY 2022 SCHEDULE

ZEN DEN YOGA

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

6:30AM



WARRIOR FLOW
(60)

9:15 AM

ALL LEVELS YOGA
(60)

ALL LEVELS YOGA
(60)

AFTERNOON

6:45 PM



WARRIOR FLOW
(60)

DOWNTOWN JANUARY 2022 SCHEDULE

REDZONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

6:00AM

RED
ZONE
(60)

RED
ZONE
(60)

8:00 AM

RED
ZONE
(60)

AFTERNOON

5:30 PM

RED
ZONE
(60)

RED
ZONE
(60)

HANAHAN JANUARY 2022 SCHEDULE

BOOTCAMP

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

7:00AM

CAMP
pivotal
(60)

CAMP
pivotal
(60)

9:00 AM

CAMP
pivotal
(60)

AFTERNOON

6:00 PM

CAMP
pivotal
(60)

CAMP
pivotal
(60)

KNIGHTSVILLE JANUARY 2022 SCHEDULE

GROUP FIT

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

9:00AM

ZUMBA®
(60)

AMPD
Burn
(60)

9:30 AM

WERQ
(60)

AFTERNOON

5:30 PM

WERQ
(60)

POWER
H⚡UR
(60)

PARK WEST JANUARY 2022 SCHEDULE

GROUP FIT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	M O R N I N G						
5:30AM		3-2-1 FIT (60)			LES MILLS BODYPUMP (60)		
8:00AM	LES MILLS BODYPUMP (60)		ReFIT (60)			LES MILLS BODYPUMP (60)	
8:15AM					WERQ (60)		
8:30AM		LES MILLS BODYSTEP (60)		LES MILLS BODYSTEP (60)			
9:00AM							LES MILLS BODYCOMBAT (60)
9:15AM						LES MILLS BODYSTEP (60)	
9:30AM	DIESEL (60)	LES MILLS BODYCOMBAT (60)	DIESEL (60)	LES MILLS BODYPUMP (60)	LES MILLS BODYPUMP (60)		
10:15AM							LES MILLS BODYPUMP (60)
10:30AM						LES MILLS BODYPUMP (60)	
10:45AM		3-2-1 FIT (60)		3-2-1 FIT (60)	DIESEL (60)	WERQ (60) IN YOGA STUDIO	

PARK WEST JANUARY 2022 SCHEDULE

GROUP FIT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	AFTERNOON						
4:30PM	LES MILLS BODYPUMP (60)	3-2-1 FIT (60)	LES MILLS BODYPUMP (60)	3-2-1 FIT (60)			
5:45 PM		ZUMBA [®] (60)		ReFIT (60)			
6:00PM	TOTAL CONDITIONING (60)		LES MILLS BODYPUMP (60)				