

JANUARY LET S GET RIPPED

Vo2 Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SUNDAY
6-7am	Boot camp Janine	Boot camp Stacie	Cardio/core (stacie)	Boot camp (Janine)	Power Yoga (jen)		
7-8am	Boot camp Janine	Boot camp Stacie	Cardio/core (stacie)	Boot camp (Janine)	Boot camp (Janine)		
10-11am	Boot camp (Randi)	Boot camp Janine		M.E.T. (Jen)	Boot camp Stacie	Class with Janine or Randy guess?	POWER YOGA (JEN)
11:15-11:45pm	SIX PACK(jen)			SIX PACK (Jen)			
12-1						Cross Fit (Brett)	
1:30-2:30						Tri fitness training (private) Janine	
4-5pm	Bootcamp (Jen) (Randi) Kids fit( 4:30)				Boot camp (Randi) Kids fit stacie)		
5-5:30pm		Six Pack (Jen)			Six Pack (Jen)		
5:30-6:30pm	Boot camp (Janine)	Boot camp (Janine)	Yoga/ cardio (jen)	Boot Camp (Janine)	Boot camp (Janine)		
7-8 pm	Boot camp (Jen)	Boot camp (Randi)	Tri fitness training (private)	Stacie M.E.T			
8-9pm	Cross Fit (Brett)	Kettlebell 8 week sign up	Cross Fit (Brett)	Kettlebell class	Cross Fit (Brett)		
9-10-pm	Strip to fit (Janine)?			Strip to fit class (Janine)?			