

January 2022

All classes are held in-studio or virtual through Zoom.

To attend in-studio, please sign in through MINDBODY online. Limited to 8 clients in-studio.

Zoom Meeting ID: 535 554 1261 Passcode: fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:15a Core Conditioning
2 NO CLASS	3 5:45p Pietra	4 7:30a Strength 8:30a Strength	5 8:30a Functional Flexibility 5:45p Pietra	6 7:30a Strength 8:30a Strength 5:30p Strength	7 1:30p Pietra	8 10:15a Core Conditioning
9 3:00p Pietra	10 5:45p Pietra	11 7:30a Strength 8:30a Strength	12 8:30a Functional Flexibility 5:45p Pietra	13 7:30a Strength 8:30a Strength 5:30p Strength	14 1:30p Pietra	15 10:15a Core Conditioning
16 3:00p Pietra	17 5:45p Pietra	18 7:30a Strength 8:30a Strength	19 8:30a Functional Flexibility 5:45p Pietra	20 7:30a Strength 8:30a Strength 5:30p Strength	21 1:30p Pietra	22 10:15a Core Conditioning
23 3:00p Pietra	24 5:45p Pietra	25 7:30a Strength 8:30a Strength	26 8:30a Functional Flexibility 5:45p Pietra	27 7:30a Strength 8:30a Strength 5:30p Strength	28 1:30p Pietra	29 10:15a Core Conditioning
30 3:00p Pietra	31 5:45p Pietra					