












































STAFF HOURS:		CLUB FITNESS January			CHILDCARE HOURS	
Mon-Thu 8:00am-8:00pm					Mon-Friday 8am-12pm	
Fri- 8:00 am-5:00 pm					Mon-Thurs 4:00pm-7:30pm	
Sat- 8:00 am-12:00 pm					Saturday 8am-12pm	
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM	 Jo	 Virtual	 Jessica	 Virtual	 Jo	
	 Paula	 Party Spin - Paula	 Paula	 Party Spin - Paula	 Paula	 Cindy S.
9:30 AM	Weighted Intervals Leia	 Virtual	 Jessica	Weighted Intervals Leia	 Virtual	 Virtual
10:00 AM						 Lucy/Niva
10:30 AM	 Becky	 Becky	 Cheri	 Becky	 Virtual	
11:00 AM						 Virtual
11:30 AM	 Becky		 Virtual	 Becky		
12:15 PM	 Virtua	 Virtual	 Tammy & Melissa	 Virtual -12:30	 Tammy & Melissa	
4:30 PM		 Virtual	 Virtual	 Virtual- 30Min		
5:30 PM	 Cindy S.	 Chelsea	 Lucy	 Virtual		
	 Cindy C.	 Party Spin- Cindy S.	 Cindy C.	 Party Spin - Clay S.		
6:30 PM	 Sydney	Introduction to Group Fitness Lucy/Chelsea	 Sydney			