

# January

## 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CLOSED HAPPY NEW YEAR!	2 8:30a Katie 4:20p Michael 5:30p Michael  GRIT	3 8:30a Jay 4:20p Katie 5:30p Katie  FIT	4 8:30a Jay 4:20p Michael 5:30p Kaylin  STRONG	5 9:15a Jay TRAINERS CHOICE
6 9:15a Michael FIGHT	7 8:30a 4:20p 5:30p Michael/Katie FIGHT	8 8:30a 4:20p 5:30p Ashley/Michael TRAINERS CHOICE	9 8:30a 4:20p 5:30p Nichole/Katie GRIT	10 8:30a 4:20p 5:30p Jay/Ashley FIT	11 8:30a 4:20p 5:30p Jay/Michael/Nichole STRONG	12 9:15a Kaylin TRAINERS CHOICE
13 9:15a Jay FIGHT	14 8:30a 4:20p 5:30p Jay/ / Ashley FIGHT	15 8:30a 4:20p 5:30p Nichole/Kaylin/Katie TRAINERS CHOICE	16 8:30a 4:20p 5:30p Jay/Katie/Michael GRIT	17 8:30a 4:20p 5:30p Ashley/Kaylin FIT	18 8:30a 4:20p 5:30p Michael/Nichole STRONG	19 9:15a Jay TRAINERS CHOICE
20 9:15a Coach FIGHT	21 8:30a 4:20p 5:30p Michael/Ashley FIGHT	22 8:30a 4:20p 5:30p Jay/Kaylin TRAINERS CHOICE	23 8:30a 4:20p 5:30p Kaylin/Michael/Katie GRIT	24 8:30a 4:20p 5:30p Jay/Kaylin/Ashley FIT	25 8:30a 4:20p 5:30p Michael/Carly STRONG	26 9:15a Kaylin TRAINERS CHOICE
27 9:15a Coach FIGHT	28 8:30a 4:20p 5:30p Michael/Katie FIGHT	29 8:30a 4:20p 5:30p Jay/Kaylin / Michael TRAINERS CHOICE	30 8:30a 4:20p 5:30p Kaylin/ Michael/Carly	31 8:30a 4:20p 5:30p Jay/Kaylin/Ashley FIT		

