

January 2018



MIXER BLAST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 5:15 - 5:55pm Butts & Guts Nicole	3 5:15 - 5:55pm Amber's Mixer	4 5:15 - 5:55pm Nicole's Pilates Fix	5	6
7	8 5:15 - 5:55pm Max Out Mixer Amber	9 5:15 - 5:55pm Butts & Guts Nicole	10 5:15 - 5:55pm Amber's Mixer	11 5:15 - 5:55pm Nicole's Pilates Fix	12	13
14	15 5:15 - 5:55pm Max Out Mixer Amber	16 5:15 - 5:55pm Butts & Guts Nicole	17 5:15 - 5:55pm Amber's Mixer	18 5:15 - 5:55pm Nicole's Pilates Fix	19	20
21	22 5:15 - 5:55pm Max Out Mixer Amber	23 5:15 - 5:55pm Butts & Guts Nicole	24 5:15 - 5:55pm Amber's Mixer	25 5:15 - 5:55pm Nicole's Pilates Fix	26	27
28	29	30	31	Unlimited Pass \$60.00 Drop in Pass \$8.00		

Max Out Mixer: Cardio Kickboxing and Dance, Max out your endurance!
Amber's Mixer: Cardio Kickboxing and Dance

Butts and Guts: Strengthen and Tone your best assets!
Nicole's Pilates Fix: Stretch, Tone and Strengthen through dynamic movements