



# January Fitness Schedule

## Monday

**9:30 to 10:15 a.m.** Cardio Pilates w/ Monica  
**10:25 to 11:25 a.m.** Zumba w/ Monica  
**6 to 7 p.m.** Zumba w/ Jennifer  
**7:10 to 8:10 p.m.** Flow Yoga w/ Dominique

## Tuesday

**8:45 to 9:30 a.m.** Strength & Conditioning w/ Raychel  
**9:35 to 10:35 a.m.** Restorative Flow Yoga w/ Raychel  
**10:45 to 11:45 a.m.** Zumba w/ Monica  
**6 to 7 p.m.** TRX/Bootcamp w/ Raychel  
**7:10 to 8:10 p.m.** Bombay Jam w/ Amit

## Wednesday

**9:45 to 10:45 a.m.** Zumba w/ Li-Fen  
**6 to 7 p.m.** Zumba w/ Jennifer  
**7:10 to 8:10 p.m.** Core Strength and Conditioning w/ Ellie

## Thursday

**8:45 to 9:30 a.m.** Strength & Conditioning w/ Raychel  
**9:35 to 10:35 a.m.** Restorative Flow Yoga w/ Raychel  
**10:45 to 11:45 a.m.** Zumba w/ Huichen  
**6 to 7 p.m.** TRX/Bootcamp w/ Raychel  
**7:10 to 8:10 p.m.** Restorative Yoga w/ Dominique

## Friday

**8:45 to 9:45 a.m.** HIIT w/ Aboli  
**9:55 to 10:55 a.m.** Zumba w/ Huichen  
**11 a.m. to 12 p.m.** Body Sculpting w/ Raychel  
**6 to 7 p.m.** Bombay Jam w/ Sonia

## Saturday

**9:15 to 10:15 a.m.** Zumba w/ Huichen  
**10:30 to 11:30 a.m.** Bombay Jam w/ Amit

## Sunday

**9 to 10 a.m.** Bombay Jam w/ Sonia  
**10:15 to 11:15 a.m.** Vinyasa Yoga w/ Jahara

- All classes need a mat except Zumba. Please bring a mat and a towel to class.
- Please arrive on time, there is a five minute grace period.
- There is no child care available.

