



January 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 No Class (Holiday)	2	3	4 No Class (Coach Vacation)
5	6	7 Seated Full Fitness 10:00 am – 10:45 am (O)	8 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	9	10	11 PD 1 - 4 Class 10:30 am – 11:45 am (F)
12	13	14 Seated Full Fitness 10:00 am – 10:45 am (O)	15 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	16	17	18 PD 1 - 4 Class 10:30 am – 11:45 am (F)
19	20	21 Seated Full Fitness 10:00 am – 10:45 am (O)	22 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	23	24	25 PD 1 - 4 Class 10:30 am – 11:45 am (F)
26	27	28 Seated Full Fitness 10:00 am – 10:45 am (O)	29 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	30	31	

(F) – Boxing Gym (In-Person Only) (O) – Virtual Only

