

# January

Mon	Tue	Wed	Thur	Fri	Sat
<b>1</b> New Year's Workout  Yoga: 5:40 PM & 6:40 PM	<b>2</b> Upper Body Strength	<b>3</b> CV Power	<b>4</b> Abs & Core	<b>5</b> Total Body	<b>6</b> Assessments
<b>8</b> Upper Body Endurance  Yoga: 5:40 PM & 6:40 PM	<b>9</b> Legs & Cardio	<b>10</b> Power Core	<b>11</b> Upper Body Strength	<b>12</b> Abs Blaster	<b>13</b> Bootcamp 8am, 9am, 10am
<b>15</b> Chest & Legs  Yoga: 5:40 PM & 6:40 PM	<b>16</b> Shoulders, Back & Intervals	<b>17</b> Arms & Abs	<b>18</b> Agility & Power	<b>19</b> Total Body	<b>20</b> Bootcamp 8am, 9am, 10am
<b>22</b> Total Body Power  Yoga: 5:40 PM & 6:40 PM	<b>23</b> Total Body Strength	<b>24</b> Total Body Cardio	<b>25</b> Total Body Endurance	<b>26</b> Cardio Core	<b>27</b> Bootcamp 8am, 9am, 10am
<b>29</b> Legs & Core  Yoga: 5:40 PM & 6:40 PM	<b>30</b> Upper Body Push	<b>31</b> Upper Body Pull	<b>1</b> Speed, Agility & Abs	<b>2</b> Power Legs	<b>3</b> Bootcamp 8am, 9am, 10am