



# Activities – January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p><b>No Classes – HAPPY NEW YEAR!</b></p>	<p>2 Personal Training Class with Bryan 9 am</p> <p>Personal Training Class with Bryan 6:00 pm</p>	<p>3 Workout with Carolyn 8:30 am</p> <p>Personal Training Class with Gary 6:00 pm</p>	<p>4 Personal Training Class with Vernon 9 am</p> <p>Personal Training Class with Bryan 6:00 pm</p>	<p>5 Workout with Carolyn 8:30 am</p> <p>Personal Training Class with Vernon 6:00 pm</p>	<p>6 Personal Training Class with Vernon 9 am</p>	<p>7 Personal Training Class with Bryan 10 am</p> <p>Cardio Class with Bryan 11am</p>
<p>8 Personal Training Class with Bryan 10 am</p>	<p>9 Personal Training Class with Vernon 9 am</p> <p>Personal Training Class with Vernon 6:00 pm</p>	<p>10 Workout with Carolyn 8:30 am</p> <p>Personal Training Class with Gary 6:00 pm</p>	<p>11 Personal Training Class with Vernon 9 am</p> <p>Personal Training Class with Bryan 6:00 pm</p>	<p>12 Workout with Carolyn 8:30 am</p> <p>Personal Training Class with Vernon 6:00 pm</p>	<p>13 Personal Training Class with Vernon 9 am</p>	<p>14 Personal Training Class with Gary 10 am</p> <p>Cardio Class with Gary 11am</p>
<p>15 Personal Training Class with Gary 10 am</p>	<p>16 Personal Training Class with Vernon 9 am</p> <p>Personal Training Class with Vernon 6:00 pm</p>	<p>17 Workout with Carolyn 8:30 am</p> <p>Personal Training Class with Gary 6:00 pm</p>	<p>18 Personal Training Class with Vernon 9 am</p> <p>Personal Training Class with Bryan 6:00 pm</p>	<p>19 Workout with Carolyn 8:30 am</p> <p>Personal Training Class with Vernon 6:00 pm</p>	<p>20 Personal Training Class with Vernon 9 am</p>	<p>21 Personal Training Class with Vernon 10 am</p> <p>Cardio Class with Vernon 11am</p>
<p>22 Personal Training Class with Bryan 10 am</p>	<p>23 Personal Training Class with Vernon 9 am</p> <p>Personal Training Class with Vernon 6:00 pm</p>	<p>24 Workout with Carolyn 8:30 am</p> <p>Personal Training Class with Gary 6:00 pm</p>	<p>25 Personal Training Class with Vernon 9 am</p> <p>Personal Training Class with Bryan 6:00 pm</p>	<p>26 Workout with Carolyn 8:30 am</p> <p>Personal Training Class with Vernon 6:00 pm</p>	<p>27 Personal Training Class with Vernon 9 am</p>	<p>28 Personal Training Class with Vernon 10 am</p> <p>Cardio Class with Vernon 11am</p>
<p>29 Personal Training Class with Vernon 10 am</p>	<p>30 Personal Training Class with Vernon 9 am</p> <p>Personal Training Class with Vernon 6:00 pm</p>	<p>31 Workout with Carolyn 8:30 am</p> <p>Personal Training Class with Vernon 6:00 pm</p>				