

JANUARY CLASS SCHEDULE

Monday –

- 5:00am - 163 Fitness
- 8:30am - Stations
- 5:30pm - 163 Fitness

Tuesday

- 5:00am - Total Body Sculpt
- 6:00am - Whiteboard Fit Camp
- 8:30am - 163 Lite w/Flexibility & Balance
- 6:15pm - Total Body Sculpt

Wednesday

- 5:00am - 163 Fitness
- 6:00am - 163 Boot Camp
- 5:00pm - 163 Basics

Thursday

- 5:00am - Core & More
- 8:30am - 163 Lite
- 6:00pm – Roulette (Bring Gloves)

Friday

- 5:00am - 163 Fitness
- 6:00am - Instructor's Choice

Saturday

- 6:00am - 163 Fitness

Please note: The following date will have an adjusted schedule

Wednesday, January 1 – One Class at 8:00am

