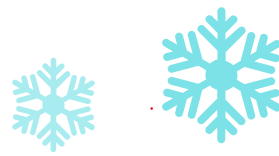


JAN 2025



SUN MON TUE WED THU FRI SAT

1 2 3 4



POP-UP EVENING CLASSES

8:30 am (40m)
SOLID

9:00 am (40m)
STRONGER
9:45 am (30m)
HOME STRETCH

5 6 7 8 9 10 11



5:30 pm (30m)
CANDLELIGHT STRETCH

8:00 am (30m)
STRONGER
8:35 am (25m)
HOME STRETCH

9:00 am (30m)
CORE 'n SHOULDERS

8:30 am (40m)
SOLID

9:00 am (40m)
STRONGER
9:45 am (30m)
HOME STRETCH

12 13 14 15 16 17 18



5:30 pm (40m)
MONDAY MADNESS

8:00 am (30m)
STRONGER
8:35 am (25m)
HOME STRETCH

9:00 am (30m)
CORE 'n HEALTHY KNEES

8:30 am (40m)
SOLID

9:00 am (40m)
STRONGER
9:45 am (30m)
HOME STRETCH

19 20 21 22 23 24 25

8:00 am (30m)
STRONGER
8:35 am (25m)
HOME STRETCH

9:00 am (30m)
CORE 'n LOOPY LEGS

8:30 am (40m)
SOLID

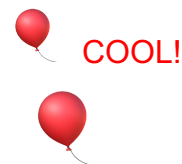
9:00 am (40m)
STRONGER
9:45 am (30m)
HOME STRETCH

26 27 28 29 30 31

8:00 am (30m)
STRONGER
8:35 am (25m)
HOME STRETCH

9:00 am (30m)
CORE 'n THE FLOOR

8:30 am (40m)
SOLID



6:30 pm (30m)
STEP-ISH

** All times are in Pacific Time (Canada, USA)

Donations ❤️ Jan Feb Mar '25

