

TAC FITNESS SCHEDULE



JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM AQUA FIT SS SPLASH AMY	9:00AM DANCE AND TONE LAURA	9:00AM AQUA FIT SS SPLASH AMY	9:00AM DANCE AND TONE LAURA	9:00AM AQUA FIT SS SPLASH AMY
10:00AM CARDIO FIT SS CLASSIC AMY	10:00AM CARDIO DRUMMING STRENGTH JANET	10:00AM CARDIO FIT SS CLASSIC AMY	10:00AM CARDIO DRUMMING JANET	10:00AM CARDIO FIT SS CLASSIC AMY
	10:00AM AQUA FIT SS SPLASH LAURA		10:00AM AQUA FIT SS SPLASH LAURA	
11:00AM SENIOR YOGA SS YOGA AMY	11:15AM GOLDEN BALANCE JANET	11:00AM SENIOR YOGA SS YOGA STEF	11:00AM KICKBOXING COMBO LAURA	11:00AM SENIOR YOGA SS YOGA AMY
12:20PM AQUA FIT SS SPLASH MICHELE	11:40AM AQUA PILATES\YOGA FUSION MICHELE			11:40AM AQUA PILATES\YOGA FUSION MICHELE
	12:40PM AQUA FIT SS SPLASH MICHELE		NO CLASS: 1/1, 1/15	12:40PM AQUA FIT SS SPLASH MICHELE
AMY	MICHELE	JANET	LAURA	STEF