


K-Town Shakedown

Find Your Strong

January 2020

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
					1 	2 9am-Zumba Strong 10:15am-BOUNCE
3 4pm-Zumba 5:15pm-Gentle Yoga	4 9am-TBC 5:45pm-Hip Hop Yoga 7:15pm-Pound	5 5:30am-Early Rise 9am-Gentle Yoga 10:15am-Sculpt20 5:15pm-Walk15 6:15pm-TBC 7:15pm-Cardio Groove	6 9am-TBC 10:15am-RISE 5:45pm-Step 7:15pm-Zumba Strong	7 5:30am-Early Rise 9am-Buti Yoga 10:15am-RISE 5:15pm-Walk15 6:15pm-TBC 7:15pm-BOUNCE	8 9am - Gentle Yoga	9 9am-Zumba Strong 10:15am-BOUNCE
10 4pm-Zumba 5:15pm-Gentle Yoga	11 9am-TBC 5:45pm-Hip Hop Yoga 7:15pm-Pound	12 5:30am-Early Rise 9am-Gentle Yoga 10:15am-Sculpt20 5:15pm-Walk15 6:15pm-TBC 7:15pm-Cardio Groove	13 9am-TBC 10:15am-RISE 5:45pm-Step 7:15pm-Zumba Strong	14 5:30am-Early Rise 9am-Buti Yoga 10:15am-RISE 5:15pm-Walk15 6:15pm-TBC 7:15pm-BOUNCE	15 9am - Gentle Yoga	16 9am-Zumba Strong 10:15am-BOUNCE
17 4pm-Zumba 5:15pm-Gentle Yoga	18 9am-TBC 5:45pm-Hip Hop Yoga 7:15pm-Pound	19 5:30am-Early Rise 9am-Gentle Yoga 10:15am-Sculpt20 5:15pm-Walk15 6:15pm-TBC 7:15pm-Cardio Groove	20 9am-TBC 10:15am-RISE 5:45pm-Step 7:15pm-Zumba Strong	21 5:30am-Early Rise 9am-Buti Yoga 10:15am-RISE 5:15pm-Walk15 6:15pm-TBC 7:15pm-BOUNCE	22 9am - Gentle Yoga	23 9am-Zumba Strong 10:15am-BOUNCE
24/31 4pm-Zumba 5:15pm-Gentle Yoga	25 9am-TBC 5:45pm-Hip Hop Yoga 7:15pm-Pound	26 5:30am-Early Rise 9am-Gentle Yoga 10:15am-Sculpt20 5:15pm-Walk15 6:15pm-TBC 7:15pm-Cardio Groove	27 9am-TBC 10:15am-RISE 5:45pm-Step 7:15pm-Zumba Strong	28 5:30am-Early Rise 9am-Buti Yoga 10:15am-RISE 5:15pm-Walk15 6:15pm-TBC 7:15pm-BOUNCE	29 9am - Gentle Yoga	30 9am-Zumba Strong 10:15am-BOUNCE

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