



## JANUARY 2012 CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 530PM Bootcamp 730 Bootcamp	3	4 530PM Bootcamp 730 Bootcamp	5 530PM Bootcamp 730 Bootcamp	6	7
8	9 530PM Bootcamp 630PM NYR Bootcamp 730 Bootcamp	10	11 530PM Bootcamp 730 Bootcamp	12 530PM Bootcamp 630PM NYR Bootcamp 730 Bootcamp	13	14
15	16 530PM Bootcamp 630PM NYR Bootcamp 730 Bootcamp	17	18 530PM Bootcamp 730 Bootcamp	19 530PM Bootcamp 630PM NYR Bootcamp 730 Bootcamp	20	21
22	23 530PM Bootcamp 630PM NYR Bootcamp 730 Bootcamp	24	25 530PM Bootcamp 730 Bootcamp	26 530PM Bootcamp 630PM NYR Bootcamp 730 Bootcamp	27	28
29	30 530PM Bootcamp 630PM NYR Bootcamp 730 Bootcamp	31	1 530PM Bootcamp 730 Bootcamp	2 530PM Bootcamp 630PM NYR Bootcamp 730 Bootcamp	3	4
5	<p>Bootcamp: Tone, sculpt and burn the fat with our unique fusion of resistance training, plyometrics, speed intervals, kettlebell work, core conditioning and more.</p> <p>NYR Bootcamp: New Year's Revolution Bootcamp - Cancel your New Years Resolutions! This 6 week body transformation program will get you burning fat and toning your muscles revealing the new fit you underneath.</p>					