

BRICKHOUSE GYM Group Fitness January 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 <i>Happy New Year!</i>	2 5:00a Spin - Gabby 6:00a Spin - Gabby 9:00a Yoga-Lisa 5:30p Spin-Kate	3 8:30a Interval- Mauri 9:00a Spin **9:30a Martial Arts	4
6:00am Spin - Gabby 5 9:00a Bootcamp - Detra 10:00a Gentle Yoga - Lisa 4:30p TBC-Shawn 5:30p Zumba-Mauri 6:00p Spin - Shawn 6:30p Interval - Mauri **7:30p KFM - Jue	5:00a TBC - Mauri 6 9:00a Interval -Ashley 9:00a Spin-Debbie 5:30p Sports Conditioning 6:15p Abs- Shawn 6:30p Spin-Kate 6:30p Turbokick/abs-Sue **7:30p Martial Arts	5:00a spin - Gabby 7 6:00am Cycle Sculpt- 9:00a Yoga-Lisa 4:30p Yoga- Jaime 5:30p TBC-Shawn 6:00p Spin - Karen 6:30p 50/50- Mauri **7:30p KFM - Jue	5:00a TBC - Ashley 8 9:00a Cardiokickboxing- Detra 9:00a Spin - Debbie 5:30p Cardiokickboxing - Shawn 6:30p Spin - Dennis **6:30p Martial Arts	9 5:00a Spin - Gabby 6:00a Spin - Gabby 9:00a Yoga-Lisa 5:30p Spin-Kate	10 8:30a Interval- Sue 9:00a Spin **9:30a Martial Arts	11
12 6:00am Spin - Gabby 9:00a Boot Camp-Detra 10:00a Gentle Yoga-Lisa 4:30p TBC-Shawn 5:30p Zumba-Mauri 6:00p Spin - Shawn 6:30p Interval-Mauri **7:30p KFM - Jue	13 5:00a TBC - Mauri 9:00a Interval -Ashley 9:00a Spin-Debbie 5:30p Sports Conditioning 6:15p Abs-Joanna 6:30p Spin-Kate 6:30p Turbokick-Sue **7:30p Martial Arts	14 5:00a spin - Gabby 6:00am Cycle Sculpt- 9:00a Yoga- Lisa 4:30p -Yoga- Jaime 5:30p TBC-Shawn 6:00p Spin - Karen 6:30p 50/50 - Mauri **7:30p KFM - Jue	15 5:00a TBC - Ashley 9:00a Cardiokickboxing- Detra 9:00a Spin - Debbie 5:30p Cardiokickboxing - Shawn 6:30p Spin - Dennis **6:30p Martial Arts	16 5:00a Spin - Gabby 6:00a Spin - Gabby 9:00a Yoga - Lisa 5:30p Spin - Kate	17 8:30a Interval-Ashley 9:00a Spin **9:30a Martial Arts	18
6:00am Spin - Gabby 19 9:00a Boot Camp-Detra 10:00a Gentle Yoga - Lisa 4:30p TBC-Shawn 5:30p Zumba-Mauri 6:00p Spin - Shawn 6:30p Interval-Mauri **7:30p KFM - Jue	5:00a TBC - Mauri 20 9:00a Interval -Ashley 9:00a Spin-Debbie 5:30p Sports Conditioning 6:15p Abs-Joanna 6:30p Spin-Kate 6:30p Turbokick-Sue **7:30p Martial Arts	5:00a spin - Gabby 21 6:00am Cycle Sculpt- 9:00a Yoga- Lisa 4:30p -Yoga- Jaime 5:30p TBC-Shawn 6:00p Spin - Karen 6:30p 50/50 - Mauri **7:30p KFM - Jue	5:00a TBC - Ashley 22 9:00a Cardiokickboxing- Detra 9:00a Spin - Debbie 5:30p Cardiokickboxing - Shawn 6:30p Spin - Dennis **6:30p Martial Arts	23 5:00a Spin - Gabby 6:00a Spin - Gabby 9:00a Yoga-Lisa 5:30p Spin - Kate	24 8:30a Interval - Mauri 9:00a Spin **9:30a Martial Arts	25
6:00am Spin - Gabby 26 9:00a Boot Camp-Detra 10:00a Gentle Yoga - Lisa 4:30p TBC-Shawn 5:30p Zumba-Mauri 6:00p Spin - Shawn 6:30p Interval-Mauri **7:30p KFM - Jue	5:00a TBC - Mauri 27 9:00a Interval -Ashley 9:00a Spin-Debbie 5:30p Sports Conditioning 6:15p Abs-Joanna 6:30p Spin-Dennis 6:30p Turbokick/abs-Sue **7:30p Martial Arts	5:00a spin - Gabby 28 6:00am Cycle Sculpt- 9:00a Yoga- Lisa 4:30p -Yoga- Jaime 5:30p TBC-Shawn 6:00p Spin - Karen 6:30p 50/50 - Mauri **7:30pm KFM - Jue	5:00a TBC - Ashley 29 9:00a Cardiokickboxing- Detra 9:00a Spin - Debbie 5:30p Cardiokickboxing - Shawn 6:30p Spin - Dennis **6:30p Martial Arts	30 5:00a Spin - Gabby 6:00a Spin - Gabby 9:00a Yoga-Lisa 5:30p Spin - Kate	31 8:30a Interval-Ashley 9:00a Spin **9:30a Martial Arts	Suggestions or comments, contact Mauri at 940-391-3046 **not included in gym fees KFM - Keysi Fighting Method