

VIRTUAL january 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 HAPPY NEW YEAR! 10am// Bootcamp on the Rocks 11:15am// Step 151	2 8am// Bootcamp on the Rocks 9:15am// Step 151
3 8:30am// Bootcamp on the Rocks	4 11am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	5 5:30pm// 6-Pack Abs 6pm// Tabata Tuesday	6 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	7 11am// Bootcamp on the Rocks 5:30pm// 6-Pack Abs 6pm// Bootcamp on the Rocks	8 11am// Bootcamp on the Rocks	9 8am// Bootcamp on the Rocks 9:15am// Step 151
10 NO CLASS	11 11am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	12 5:30pm// 6-Pack Abs 6pm// Tabata Tuesday	13 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	14 11am// Bootcamp on the Rocks 5:30pm// 6-Pack Abs 6pm// Bootcamp on the Rocks	15 11am// Bootcamp on the Rocks	16 8am// Bootcamp on the Rocks 9:15am// Step 151
17 8:30am// Bootcamp on the Rocks	18 11am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	19 5:30pm// 6-Pack Abs 6pm// Tabata Tuesday	20 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	21 11am// Bootcamp on the Rocks 5:30pm// 6-Pack Abs 6pm// Bootcamp on the Rocks	22 11am// Bootcamp on the Rocks	23 8am// Bootcamp on the Rocks 9:15am// Step 151
22/ 31 8:30am// Bootcamp on the Rocks	25 11am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	26 5:30pm// 6-Pack Abs 6pm// Tabata Tuesday	27 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	29 11am// Bootcamp on the Rocks 5:30pm// 6-Pack Abs 6pm// Bootcamp on the Rocks	29 11am// Bootcamp on the Rocks	30 8am// Bootcamp on the Rocks 9:15am// Step 151