

# January 2022

## (LIVE & VIRTUAL)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8am// Bootcamp on the Rocks 9:15am// Step 151
2 9am// Bootcamp on the Rocks	3 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	4 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Tabata Tuesday	5 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	6 10am// Bootcamp on the Rocks 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks	7 10am// Bootcamp on the Rocks	8 8am// Bootcamp on the Rocks 9:15am// Step 151
9 9am// Bootcamp on the Rocks	10 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	11 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Tabata Tuesday	12 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	13 10am// Bootcamp on the Rocks 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks	14 10am// Bootcamp on the Rocks	15 8am// Bootcamp on the Rocks 9:15am// Step 151
16 9am// Bootcamp on the Rocks	17 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	18 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Tabata Tuesday	19 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	20 10am// Bootcamp on the Rocks 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks	21 10am// Bootcamp on the Rocks	22 8am// Bootcamp on the Rocks 9:15am// Step 151
23 9am// Bootcamp on the Rocks	24 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	25 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Tabata Tuesday	26 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	27 10am// Bootcamp on the Rocks 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks	28 10am// Bootcamp on the Rocks	29 8am// Bootcamp on the Rocks 9:15am// Step 151
30 9am// Bootcamp on the Rocks	31 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151					