

january schedule

blessed to be able!

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Bootcamps live using Zoom!

Step 151 live using Facebook Live

january 2023

(ALL CLASSES ARE A COMBO OF
IN-PERSON AND VIRTUAL)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9am// Bootcamp on the Rocks	2 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	3 9:30am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	4 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	5 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	6 10am// Bootcamp on the Rocks	7 8am// Bootcamp on the Rocks 9:15am// Step 151
8 NO CLASS	9 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	10 9:30am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	11 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	12 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	13 10am// Bootcamp on the Rocks	14 8am// Bootcamp on the Rocks 9:15am// Step 151
15 9am// Bootcamp on the Rocks	16 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	17 9:30am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	18 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	19 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	20 10am// Bootcamp on the Rocks	21 8am// Bootcamp on the Rocks 9:15am// Step 151
22 9am// Bootcamp on the Rocks	23 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	24 9:30am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	25 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	26 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	27 10am// Bootcamp on the Rocks	28 8am// Bootcamp on the Rocks 9:15am// Step 151
29 9am// Bootcamp on the Rocks	30 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	31 9:30am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday				