

# january schedule

blessed to be able!

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Bootcamps live using Zoom!

Step 151 live using Facebook Live

## january 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>  <b>HAPPY NEW YEAR!</b>  10am// Bootcamp on the Rocks 11am// 6-Pack Abs 11:30am// Step 151	<b>2</b>  10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	<b>3</b>  10am// Bootcamp on the Rocks	<b>4</b>  8am// Bootcamp on the Rocks 9:15am// Step 151
<b>5</b>  9am// OPEN GYM	<b>6</b>  10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>7</b>  9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	<b>8</b>  10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>9</b>  10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	<b>10</b>  10am// Bootcamp on the Rocks	<b>11</b>  8am// Bootcamp on the Rocks 9:15am// Step 151
<b>12</b>  9am// Bootcamp on the Rocks	<b>12</b>  10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>14</b>  9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	<b>15</b>  10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>16</b>  10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	<b>17</b>  10am// Bootcamp on the Rocks	<b>18</b>  8am// Bootcamp on the Rocks 9:15am// Step 151
<b>19</b>  9am// Bootcamp on the Rocks	<b>20</b>  10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>21</b>  9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	<b>22</b>  10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>23</b>  10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	<b>24</b>  10am// Bootcamp on the Rocks	<b>25</b>  8am// Bootcamp on the Rocks 9:15am// Step 151
<b>26</b>  9am// Bootcamp on the Rocks	<b>27</b>  10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>28</b>  9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	<b>29</b>  10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>30</b>  10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	<b>31</b>  10am// Bootcamp on the Rocks	