

TRAINING CALENDAR

1st QUARTER

JANUARY 2020

1	W	Kettlebell
2	T	Cardio
3	F	Zumba
4	S	Karate
5	S	Yoga
6	M	Power Yoga
7	T	Plates
8	W	
9	T	
10	F	
11	S	
12	S	
13	M	
14	T	
15	W	
16	T	
17	F	
18	S	
19	S	
20	M	
21	T	
22	W	
23	T	
24	F	
25	S	
26	S	
27	M	
28	T	
29	W	
30	T	
31	F	

FEBRUARY 2020

1	S	Aerobics
2	S	Cardio
3	M	Zumba
4	T	Kettlebell
5	W	Yoga
6	T	Power Yoga
7	T	Plates
8	S	
9	S	
10	M	
11	T	
12	W	
13	T	
14	F	
15	S	
16	S	
17	M	
18	T	
19	W	
20	T	
21	F	
22	S	
23	S	
24	M	
25	T	
26	W	
27	T	
28	F	
29	S	

MARCH 2020

1	S	Kettlebell
2	M	Cardio
3	T	Zumba
4	W	Karate
5	T	Yoga
6	T	Power Yoga
7	S	Plates
8	S	
9	M	
10	T	
11	W	
12	T	
13	F	
14	S	
15	S	
16	M	
17	T	
18	W	
19	T	
20	F	
21	S	
22	S	
23	M	
24	T	
25	W	
26	T	
27	F	
28	S	
29	S	
30	M	
31	T	

