

TRAINING CALENDAR

1st QUARTER

JANUARY 2020	FEBRUARY 2020	MARCH 2020
1 W Kettlebell	1 S Aerobics	1 S Kettlebell
2 T Cardio	2 S Cardio	2 M Cardio
3 F Zumba	3 M Zumba	3 F Zumba
4 S Karate	4 T Kettlebell	4 W Karate
5 S Yoga	5 W Yoga	5 T Yoga
6 M Power Yoga	6 F Power Yoga	6 F Power Yoga
7 T Pilates	7 S Pilates	7 S Pilates
8 W	8 S	8 S
9 T	9 S	9 M
10 F	10 M	10 T
11 S	11 T	11 W
12 S	12 W	12 F
13 M	13 F	13 F
14 T	14 F	14 S
15 W	15 S	15 S
16 F	16 S	16 M
17 F	17 M	17 T
18 S	18 T	18 W
19 S	19 W	19 F
20 M	20 T	20 F
21 T	21 F	21 S
22 W	22 S	22 S
23 F	23 S	23 M
24 F	24 M	24 T
25 S	25 T	25 W
26 S	26 W	26 F
27 M	27 T	27 F
28 T	28 F	28 S
29 W	29 S	29 S
30 F		30 M
31 F		31 T

