

<

January 2024

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Sun

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Sat

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Filter by:

✓ All selected

Services

+ ▼

Staff

+ ▼

Location

▼

Session availability

▼

Other events

▼

Today

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>

30 sessions scheduled this week

Weekly view

▼

	Sun 14	Mon 15	Tue 16	Wed 17	Thu 18	Fri 19	Sat 20
9 AM							
10 AM				Zumba 25/50 participants · Busy			
11 AM		Busy Dave Pickering					
12 PM			Busy		Busy		
1 PM		Online Yoga 1/25 participants · Barry...	Busy Dave Pickering		Busy Dave Pickering		
2 PM				Busy Beginner's Crossfit 15/25 participants · Dave...			
3 PM							
4 PM		Strength & Conditioning 1/10 participants · Barry...	Strength & Conditioning 1/10 participants · Barry...	Strength & Conditioning 9/10 participants · Barry...	Strength & Conditioning 7/10 participants · Frank...	Strength & Conditioning 10/10 participants · Frank...	
5 PM			Bikram Yoga with Sarah 1/25 participants · Fran...				
6 PM		Small Group Class 4/10 participants · Barr...	Small Group Class 6/10 participants · Barr...	Small Group Class 10/10 participants · Barr...			
7 PM	Bikram Yoga with Sarah 8/25 participants · Sarah	Bikram Yoga with Sarah 9/25 participants · Sarah	Bikram Yoga with Sarah 10/25 participants · Sarah	Beginner's Crossfit 1/25 participants · Dave... Online Yoga 25/25 participants · Dave...	Bikram Yoga with Sarah 20/25 participants · Sarah Online Yoga 17/25 participants · Dave... Online Yoga 25/25 participants · Dave...		Bikram Yoga with Sarah 15/25 participants · Sarah
8 PM					Bootcamp & Conditioning 30/50 participants · Barry...		
9 PM							