

JAN 2017

Absolute Fitness

Class Calendar

<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
2 5:30 am Body Sculpting/Spin Trisha	3 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	4 5:30 am Body Sculpting/Spin Trisha	5 5:30 am Body Sculpting/Spin Trisha	6
9 5:30 am Body Sculpting/Spin Trisha	10 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	11 5:30 am Body Sculpting/Spin Trisha	12 5:30 am Body Sculpting/Spin Trisha	13
16 5:30 am Body Sculpting/Spin Trisha	17 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	18 5:30 am Body Sculpting/Spin Trisha	19 5:30 am Body Sculpting/Spin Trisha	20
23 5:30 am Body Sculpting/Spin Trisha	24 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	25 5:30 am Body Sculpting/Spin Trisha	26 5:30 am Body Sculpting/Spin Trisha	27
30 5:30 am Body Sculpting/Spin Trisha	31 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	FEB 1 5:30 am Body Sculpting/Spin Trisha	2 5:30 am Body Sculpting/Spin Trisha	3

Spin with Marty, Brenda and Trisha. You decide how hard you want to work! You have the potential to burn up to 750 calories in one 45minute class. No experience necessary