

~January-February Bodyworks 2019 ~ EQUIPMENT NEEDED – See below

Sun	Mon	Tue	Wed	Thu	Fri	Sat
JANUARY 6	7 7:30 – 8:15 p.m. BW	8	9	10 5:45 - 6:30 p.m. BW 6:35-7:20 p.m. BW	11	12
13	14 7:30 – 8:15 p.m. BW	15	16	17 5:45 - 6:30 p.m. BW 6:35-7:20 p.m. BW	18	19
20	21	22	23	24	25	26
27	28 7:30 – 8:15 p.m. BW	29	30	31 5:45 - 6:30 p.m. BW 6:35-7:20 p.m. BW	FEBRUARY 1	2
3	4 7:30 – 8:15 p.m. BW	5	6	7 5:45 - 6:30 p.m. BW 6:35-7:20 p.m. BW	8	9
10	11 7:30 – 8:15 p.m. BW	12	13	14 5:45 - 6:30 p.m. BW 6:35-7:20 p.m. BW	15	16
17	18 7:30 – 8:15 p.m. BW	19	20	21 5:45 - 6:30 p.m. BW 6:35-7:20 p.m. BW	22	23
24	25 7:30 – 8:15 p.m. BW	26	27	28 5:45 - 6:30 p.m. BW 6:35-7:20 p.m. BW		

Description: Total Body Small Group Exercise Class. Needed for class: Mat, Exercise Ball, Sm. Hand Weights and Resistance Band. Class is FULL after 6 participants sign up.