

January 2021 Group Fitness Class Schedule



Telephone for Class Sign-ups: 435-647-5555 Fitness schedule is subject to change

	Sunday 3-Jan	Monday 4-Jan	Tuesday 5-Jan	Wednesday 6-Jan	Thursday 7-Jan	Friday 8-Jan	Saturday 9-Jan
Classes are limited in size due to social distancing guidelines. Please book online or telephone the Spa desk to reserve your spot.		6 Circuit Shan	6 Tabata Miranda	6 TBC Keri	6 Circuit Karen	6 TBC Shan	
	8 Tabata Kyra	8 TBC Jaada		8 TBC Miranda	7:30 TBC Claire	8 Tabata Jaada	7:30 Circuit Jaada
	9 Yoga Mellow Kyra	9 Circuit Jaada	9 TBC Jaada	9 Cycle Miranda	9 Kick Boxing Jaada	9 Total Barre Jaada	8:30 Circuit Jaada
		10 Mat Pilates	10 Body & Bands Jaada	10 Yoga Jaada	10 Mat Pilates Jaada	10 Cardio Burst Jaada	9:30 Yoga Jaada
			4 Yoga Meri				
	Sunday 10-Jan	Monday 11-Jan	Tuesday 12-Jan	Wednesday 13-Jan	Thursday 14-Jan	Friday 15-Jan	Saturday 16-Jan
		6 TBC Shan	6 Circuit Miranda	6 Tabata Keri	6 TBC Karen	6 Circuit Shan	
	8 TBC Abi	8 Tabata Jaada		8 TBC Miranda	7:30 Cycle Melanie	8 Circuit Melanie	7:30 Circuit Melanie
	9 Stretch & Stability Abi	9 Circuit Jaada	9 TBC Jaada	9 TBC Miranda	9 Circuit Jaada	9 Body & Bands Melanie	8:30 Circuit Melanie
		10 Total Barre Jaada	10 Mat Pilates	10 Yoga Jaada	10 Total Barre Jaada	10 Circuit Melanie	9:30 Stretch & Stability Melanie
			4 Body & Bands Meri				
	Sunday 17-Jan	Monday 18-Jan	Tuesday 19-Jan	Wednesday 20-Jan	Thursday 21-Jan	Friday 22-Jan	Saturday 23-Jan
	6 Circuit Shan	6 TBC Miranda	6 Circuit Keri	6 Tabata Karen	6 Cycle Shan		
8 Circuit Kyra	8 Cycle Jaada		8 TBC Miranda	7:30 TBC Claire	8 Circuit Jaada	7:30 Circuit Abi	
9 Yoga Mellow Kyra	9 TBC Jaada	9 Kick Boxing Jaada	9 TBC Miranda	9 Circuit Jaada	9 Total Barre Jaada	8:30 Circuit Abi	
	10 Body & Bands Jaada	10 Mat Pilates	10 Yoga Jaada	10 Total Barre Jaada	10 Cardio Burst Jaada	9:30 Stretch & Stability Abi	
		4 Yoga Meri					
Sunday 24-Jan	Monday 25-Jan	Tuesday 26-Jan	Wednesday 27-Jan	Thursday 28-Jan	Friday 29-Jan	Saturday 30-Jan	
	6 Cycle Shan	6 TBC Miranda	6 Tabata Keri	6 TBC Karen	6 Circuit Shan		
8 TBC Jaada	8 TBC Jaada		8 TBC Miranda	7:30 Cycle Claire	8 Circuit Jaada	7:30 Circuit Kyra	
9 Yoga Mellow Jaada	9 Kick Boxing Jaada	9 Circuit Jaada	9 Cycle Miranda	9 Tabata Jaada	9 Body & Bands Jaada	8:30 Circuit Kyra	
	10 Mat Pilates	10 Total Barre Jaada	10 Yoga Jaada	10 Mat Pilates Jaada	10 Cardio Burst Jaada	9:30 Yoga Kyra	
		4 Yoga Meri					
Sunday 31-Jan	Monday 1-Feb	Tuesday 2-Feb	Wednesday 3-Feb	Thursday 4-Feb	Friday 5-Feb	Saturday 6-Feb	
	6 Circuit Shan	6 TBC Miranda	6 Circuit Keri	6 Tabata Karen	6 TBC Shan		
8 Circuit Claire	8 Tabata Jaada		9 TBC Miranda	7:30 Cycle Claire	8 TBC Jaada	7:30 Circuit Melanie	
9 Yoga Mellow Claire	9 TBC Jaada	9 Kick Boxing Jaada	9 TBC Miranda	9 Circuit Jaada	9 Mat Pilates Jaada	8:30 Circuit Melanie	
	10 Body & Bands Jaada	10 Mat Pilates	10 Yoga Jaada	10 Total Barre Jaada	10 Cardio Burst Jaada	9:30 Stretch & Stability Melanie	
		4 Yoga Meri					

Please sign up by 5pm the day prior to attend the classes colored in blue. Class will not be held unless members have signed up the day prior.