

Cortez Benson-CB
 Pearl Gordon-Green-PG
 Chris Siau-CS
 Althea Stewart-AS
 Anna Viviano-AV
 Harry Williams-HW

January 2012-Vanguard Gym

Quote: "Results begin when you do"

Instructors

www.vanguardgym.com/fitness

	Mon	Tue	Wed	Thu	Fri	Sat
1	No Classes	5:45am TRX/AV 5:30pm Long Ride/AS	5:45am Circuit Ride/CS 12noon Spin/TBA 5:30pm TRX/AV	5:45am/ TRXAV 5:30pm Long Ride/Harry	5:45am Spin & pump/ Chris 5:30pm TRX Flex/CH	7
8	9 5:45am Circuit Ride/CS 12noon Spin/MS 5:30pm TRX/CB 5:30pm Spin & Pump/PG	10 5:45am TRX/AV 5:30pm Long Ride/AS	11 5:45am Circuit Ride/CS 12noon Spin/MS 5:30pm TRX/AV	12 5:45am/ TRXAV 5:30pm Long Ride/Pearl	13 5:45am Spin & pump/ Chris 5:30pm TRX Flex/CH	14
15	16 Dr. King Day Bike Ride Event 8am Outdoor Recreation	17 5:45am TRX/AV 5:30pm Long Ride/AS	18 5:45am Circuit Ride/CS 12noon Spin/MS 5:30pm TRX/AV	19 5:45am/ TRXAV 5:30pm Long Ride/Harry	20 5:45am Spin & pump/ Chris 5:30pm TRX Flex/CH	21
22	23 5:45am Circuit Ride/CS 12noon Spin/MS 5:30pm TRX/CB 5:30pm Spin & Pump/PG	24 5:45am TRX/AV 5:30pm Long Ride/AS	25 5:45am Circuit Ride/CS 12noon Spin/MS 5:30pm TRX/AV	26 5:45am/ TRXAV 5:30pm Long Ride/Pearl	27 5:45am Spin & pump/ Chris 5:30pm TRX Flex/CH	28
29	30 5:45am Circuit Ride/CS 12noon Spin/MS 5:30pm TRX/CB 5:30pm Spin & Pump/PG	31 5:45am TRX/AV 5:30pm Long Ride/AS				