

January 2012-WTU Fitness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 3pm Yoga/Jim 3pm S&C/Harry	5 12pm Aqua-Pamela 3pm Spin-Mike 3pm TRX-Anna	6	7
8	9 3pm Spin 3pm S&C-Mike 3pm Yoga-Jim	10 12pm Aqua-Pamela 3pm TRX-Mike	11 3pm Yoga/Jim 3pm S&C/Harry	12 12pm Aqua-Pamela 3pm Spin-Mike 3pm TRX-Anna	13	14
15	16 Dr. King Day No classes	17 12pm Aqua-Pamela 3pm TRX-Mike	18 3pm Yoga/Jim 3pm S&C/Harry	19 12pm Aqua-Pamela 3pm Spin-Mike 3pm TRX-Anna	20	21
22	23 3pm Spin 3pm S&C-Mike 3pm Yoga-Jim	24 12pm Aqua-Pamela 3pm TRX-Mike	25 3pm Yoga/Jim 3pm S&C/Harry	26 12pm Aqua-Pamela 3pm Spin-Mike 3pm TRX-Anna	27	28
29	30 3pm Spin 3pm S&C-Mike 3pm Yoga-Jim	31 12pm Aqua-Pamela 3pm TRX-Mike	www.fortjacksonmwr.com/fitness			