

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Evolution Fitness Winfield Class Schedule for January 2019</b>						
	<p><b>Every Monday is FREE GUEST DAY!</b> Please have your guest sign a waiver.</p>	<p>1</p> <ul style="list-style-type: none"> <li>930 a.m. New Year's Day with Courtney</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>8 a.m. Low Impact Aerobics with Jeanne</li> <li>9:30 a.m. Tabata with Courtney—followed by a Pilates Burnout</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>8 a.m. Move &amp; Tone with Jeanne</li> <li>9:30 a.m. INSANITY with Mindy</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>8 a.m. REPS with Jeanne</li> <li>9:25 a.m. Barre Burn with Courtney</li> <li>10:15 Kettlebell Class with Courtney</li> </ul>	<p>5</p> <p>9:30 a.m. 90 Minutes with Courtney</p>
6	<p>7</p> <p><b>Free Guest Day</b></p> <ul style="list-style-type: none"> <li>8 a.m. Move &amp; Tone with Jeanne</li> <li>9:30 a.m. REPS with Jeanne</li> <li>5 p.m. REPS with Jeanne</li> <li>6 p.m. CORE DE FORCE with Mindy</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>8 a.m. REPS with Jeanne</li> <li>9 a.m. Sampati Yoga with Jenny</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>8 a.m. Low Impact Aerobics with Jeanne</li> <li>9:30 a.m. Tabata with Courtney—followed by a Pilates Burnout</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>8 a.m. Move &amp; Tone with Jeanne</li> <li>9:30 a.m. CORE DE FORCE with Mindy</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>8 a.m. REPS with Jeanne</li> <li>9:25 a.m. Barre Burn with Courtney</li> <li>10:15 Kettlebell Class with Courtney</li> </ul>	<p>12</p> <p>9:30 a.m. Bootcamp with Paul</p>
13	<p>14</p> <p><b>Free Guest Day</b></p> <ul style="list-style-type: none"> <li>8 a.m. Move &amp; Tone with Jeanne</li> <li>9:30 a.m. REPS with Jeanne</li> <li>5 p.m. REPS with Jeanne</li> <li>6 p.m. Insanity with Mindy</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>8 a.m. REPS with Jeanne</li> <li>Gently Yin Yoga with Jenny (every 3<sup>rd</sup> Tuesday)</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>8 a.m. Low Impact Aerobics with Jeanne</li> <li>9:30 a.m. Tabata with Courtney—followed by a Pilates Burnout</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>8 a.m. Move &amp; Tone with Jeanne</li> <li>9:30 a.m. REPS with Jeanne</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>8 a.m. REPS with Jeanne</li> <li>9:25 a.m. INSANITY with Mindy</li> </ul>	<p>19</p> <p>9:30 a.m. Bootcamp with Pat</p>
20	<p>21</p> <p><b>Free Guest Day</b></p> <ul style="list-style-type: none"> <li>8 a.m. Move &amp; Tone with Jeanne</li> <li>9:30 a.m. REPS with Jeanne</li> <li>5 p.m. REPS with Jeanne</li> <li>6 p.m. CORE DE FORCE with Mindy</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>8 a.m. REPS with Jeanne</li> <li>9 a.m. Sampati Yoga with Jenny</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>8 a.m. Low Impact Aerobics with Jeanne</li> <li>9:30 a.m. Tabata with Courtney—followed by a Pilates Burnout</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>8 a.m. Move &amp; Tone with Jeanne</li> <li>9:30 a.m. INSANITY with Mindy</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>8 a.m. REPS with Jeanne</li> <li>9:25 a.m. Barre Burn with Courtney</li> <li>10:15 Kettlebell Class with Courtney</li> </ul>	<p>26</p> <p>9:30 a.m. Cardio Mix with Courtney</p>
27	<p>28</p> <p><b>Free Guest Day</b></p> <ul style="list-style-type: none"> <li>8 a.m. Move &amp; Tone with Jeanne</li> <li>9:30 a.m. REPS with Jeanne</li> <li>5 p.m. REPS with Jeanne</li> <li>6 p.m. Insanity with Mindy</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>8 a.m. REPS with Jeanne</li> <li>9 a.m. Sampati Yoga with Jenny</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>8 a.m. Low Impact Aerobics with Jeanne</li> <li>9:30 a.m. Tabata with Courtney—followed by a Pilates Burnout</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>8 a.m. Move &amp; Tone with Jeanne</li> <li>9:30 a.m. CORE DE FORCE with Mindy</li> </ul>		