



JANUARY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM		PathwayFit Performance Center Wes		PathwayFit Performance Center Wes		PathwayFit Performance Center Sherri	
6:30 AM		PathwayFit Performance Center Wes	PathwayFit Performance Center Jessi	PathwayFit Performance Center Wes		PathwayFit Performance Center Sherri	
7:45 AM		Open Gym	Open Gym	Open Gym	7am-12pm Gym Open	Open Gym	PathwayFit Strength Performance Center Sherri/Jessi
9:45 AM		PathwayFit Performance Center Wes	PathwayFit Performance Center Jessi	PathwayFit Performance Center Wes		PathwayFit Performance Center Sherri	PathwayFit Strength Performance Center Sherri/Jessi
10:45 AM		Open Gym	Open Gym	Open Gym		Open Gym	
3:00 PM		Open Gym	Open Gym	Open Gym	3pm-6pm Gym Open	Open Gym	
4:30 PM		PathwayFit Performance Center Sherri	PathwayFit Performance Center Sheri	PathwayFit Performance Center Jessi		PathwayFit Performance Center Sherri	
5:30 PM		SHRED Center Performance Kyle	SHRED Center Performance Kyle		SHRED Center Performance Kyle		
6:45 PM		PathwayFit Performance Center Sherri	PathwayFit Performance Center Sherri	PathwayFit Performance Center Jessi		PathwayFit Performance Center Sherri	

Contact Kyle for more information @ kbergman@clubworx.net