

01



Island Time
• FITNESS •

JANUARY

2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 DEMO CLASS DAY! 1-4:30p Happy New Year!	2 Z Gold Toning 10:15a	3 Zumba Gold 10:15a Zumba 6:15p	4 Zumba Gold 10:15a Zumbini 11:30a Zumba 6:15p	5 Z Gold Toning 10:15a Zumba Toning 6:15p	6 Zumba 6:15p	7 Strong 30 9:45a Zumba 10:15a
8 Spirit Stretch 1:30p Belly Fit 2:15p	9 Z Gold Toning 10:15a Zumba Toning 6:15p Strong 30 (NEW!) 7p	10 Zumba Gold 10:15a Zumba 6:15p	11 Zumba Gold 10:15a Zumbini 11:30a Z Step (Trial!) 6:15p	12 Z Gold Toning 10:15a Pilates (NEW!) 5:30p Zumba Toning 6:15p	13 Zumba 6:15p	14 Strong 30 9:45a Zumba 10:15a Zumbini 11:30a
15	16 Z Gold Toning 10:15a Zumba Toning 6:15p Strong 30 (NEW!) 7p	17 Zumba Gold 10:15a Zumba 6:15p	18 Zumba Gold 10:15a Zumbini 11:30a Zumba 6:15p	19 Z Gold Toning 10:15a Zumba Toning 6:15p	20 Zumba 6:15p	21 Strong 30 9:45a Zumba 10:15a Zumbini 11:30a
22 Spirit Stretch 1:30p Belly Fit 2:15p	23 Z Gold Toning 10:15a Zumba Toning 6:15p Strong 30 (NEW!) 7p	24 Zumba Gold 10:15a Zumba 6:15p	25 Zumba Gold 10:15a Zumbini 11:30a Zumba 6:15p	26 Z Gold Toning 10:15a Pilates (NEW!) 5:30p Zumba Toning 6:15p	27 Zumba 6:15p	28 Strong 30 9:45a Zumba 10:15a Zumbini 11:30a
29 Z Step (Trial) 2:15p	30 Z Gold Toning 10:15a Zumba Toning 6:15p Strong 30 (NEW!) 7p	31 Zumba Gold 10:15a Zumba 6:15p				