

Malmstrom Fitness Center January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
	1 New Year's Day Holiday Hours	2 0500-2100 Largest Loser Weight Ins 0600 Missile Power Fitness 0700 Running Clinic 0900 SPIN 1600 Missile Power Fitness 1800 Brazilian Jujitsu	3 0500-2100 Largest Loser Weight Ins 0600 Missile Power Fitness 0615 Insanity 0700 Core Class 1600 Missile Power Fitness 1800 Brazilian Jujitsu	4 0500-2100 Largest Loser Weight Ins 0530 Brazilian Jujitsu 0815 Insanity 1700 Zumba	5	6
7 0500 CrossFit 1200 CrossFit 1700 CrossFit 1700 Zumba 1800 Brazilian Jujitsu	8 0500 CrossFit 0600 Missile Power Fitness 0615 Insanity 0700 Core Class 0900 CrossFit Spouse 1200 CrossFit 1600 Missile Power Fitness 1700 CrossFit 1800 CrossFit Basic Skills	9 0500 CrossFit 0600 Missile Power Fitness 0900 SPIN 1200 CrossFit 1600 Missile Power Fitness 1700 CrossFit 1800 Brazilian Jujitsu	10 0500 CrossFit 0600 Missile Power Fitness 0615 Insanity 0700 Core Class 0900 CrossFit Spouse 1200 CrossFit 1600 Missile Power Fitness 1700 CrossFit 1800 CrossFit Basic Skills	11 0500 CrossFit 0530 Brazilian Jujitsu 0815 Insanity 1200 CrossFit 1700 CrossFit 1700 Zumba	12	13
14 0500 CrossFit 1200 CrossFit 1700 CrossFit 1700 Zumba 1800 Brazilian Jujitsu	15 0500 CrossFit 0600 Missile Power Fitness 0615 Insanity 0700 Core Class 0900 CrossFit Spouse 1200 CrossFit 1600 Missile Power Fitness 1700 CrossFit 1800 CrossFit Basic Skills	16 0500 CrossFit 0600 Missile Power Fitness 0900 SPIN 1200 CrossFit 1600 Missile Power Fitness 1700 CrossFit 1800 Brazilian Jujitsu	17 0500 CrossFit 0600 Missile Power Fitness 0615 Insanity 0700 Core Class 0900 CrossFit Spouse 1200 CrossFit 1600 Missile Power Fitness 1700 CrossFit 1800 CrossFit Basic Skills	18 0530 Brazilian Jujitsu 0815 Insanity 1700 Zumba	19	20
21 Martin Luther King Day Holiday Hours	22 0500 CrossFit 0600 Missile Power Fitness 0615 Insanity 0700 Core Class 0900 CrossFit Spouse 1200 CrossFit 1600 Missile Power Fitness 1700 CrossFit 1800 CrossFit Basic Skills	23 0500 CrossFit 0600 Missile Power Fitness 0900 SPIN 1200 CrossFit 1600 Missile Power Fitness 1700 CrossFit 1800 Brazilian Jujitsu	24 0500 CrossFit 0600 Missile Power Fitness 0615 Insanity 0700 Core Class 0900 CrossFit Spouse 1200 CrossFit 1600 Missile Power Fitness 1700 CrossFit 1800 CrossFit Basic Skills	25 0530 Brazilian Jujitsu 0815 Insanity 1700 Zumba	26	27
28 0500 CrossFit 1200 CrossFit 1700 CrossFit 1700 Zumba 1800 Brazilian Jujitsu	29 0500 CrossFit 0600 Missile Power Fitness 0615 Insanity 0700 Core Class 0900 CrossFit Spouse 1200 CrossFit 1600 Missile Power Fitness 1700 CrossFit 1800 CrossFit Basic Skills	30 0500 CrossFit 0600 Missile Power Fitness 0900 SPIN 1200 CrossFit 1600 Missile Power Fitness 1700 CrossFit 1800 Brazilian Jujitsu	31 0500 CrossFit 0600 Missile Power Fitness 0615 Insanity 0700 Core Class 0900 CrossFit Spouse 1200 CrossFit 1600 Missile Power Fitness 1700 CrossFit 1800 CrossFit Basic Skills			