



Adult Classes

JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NO CLASSES			1	2	3 Cookin' with Brandon Upper Body Madness @ 5:30 AM	4 NO CLASSES
5 NO CLASSES	6 Cookin' with Brandon Lower Body Madness @ 5:30 AM Functional HIIT @ 6:00 PM	7 Functional Strength & Conditioning @ 5:30 AM Tabata Strength and Conditioning @ 6:00 PM	8 Kettlebell Cardio @ 5:30 AM Kettlebell Cardio@ 6:00 PM	9 Functional Strength & Conditioning @ 5:30 AM Functional Cross Strength Training @ 6:00 PM	10 Cookin' with Brandon Upper Body Madness @ 5:30 AM	11 NO CLASSES
12 NO CLASSES	13 Cookin' with Brandon Lower Body Madness @ 5:30 AM Functional HIIT @ 6:00 PM	14 Functional Strength & Conditioning @ 5:30 AM Tabata Strength and Conditioning @ 6:00 PM	15 Kettlebell Cardio @ 5:30 AM Kettlebell Cardio@ 6:00 PM	16 Functional Strength & Conditioning @ 5:30 AM Functional Cross Strength Training @ 6:00 PM	17 Cookin' with Brandon Upper Body Madness @ 5:30 AM	18 NO CLASSES
19 NO CLASSES	20 Cookin' with Brandon Lower Body Madness @ 5:30 AM Functional HIIT @ 6:00 PM	21 Functional Strength & Conditioning @ 5:30 AM Tabata Strength and Conditioning @ 6:00 PM	22 Kettlebell Cardio @ 5:30 AM Kettlebell Cardio@ 6:00 PM	23 Functional Strength & Conditioning @ 5:30 AM Functional Cross Strength Training @ 6:00 PM	24 Cookin' with Brandon Upper Body Madness @ 5:30 AM	25 NO CLASSES
26 NO CLASSES	27 Cookin' with Brandon Lower Body Madness @ 5:30 AM Functional HIIT @ 6:00 PM	28 Functional Strength & Conditioning @ 5:30 AM Tabata Strength and Conditioning @ 6:00 PM	29 Kettlebell Cardio @ 5:30 AM Kettlebell Cardio@ 6:00 PM	30 Functional Strength & Conditioning @ 5:30 AM Functional Cross Strength Training @ 6:00 PM	31 Cookin' with Brandon Upper Body Madness @ 5:30 AM	