

## **Class Schedule**

## **January 2025**

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January is Human Trafficking Awareness Month.  Fitness Journeys have a feeling of isolation. Fit For a Purpose takes you from isolation to community, feeling comfortable and confident to live a purposeful life!			6:00 PM Xtreme Hip Hop Step Intermediate (CK)  7:00 PM Caribbean Beatz (CK)  Happy New Year!!!	6:15 PM FIT BodyWerk (AO) 7:00 PM Line Dancing (AO)	STUDIO CLOSED	STUDIO CLOSED
STUDIO CLOSED	6:00 PM Xtreme Hip Hop Step Beginners (CK) 7:00 PM Commit (CK)	6:00 PM Zumba (PE) 7:00 PM FIT Bootcamp (CK)	6:00 PM Xtreme Hip Hop Step Intermediate (CK) 7:00 PM Caribbean Beatz (CK)	6:15 PM FIT BodyWerk (AO) 7:00 PM Line Dancing (AO)	STUDIO CLOSED	STUDIO CLOSED  21 Days of Cleaning Eating Begins
STUDIO CLOSED	6:00 PM Xtreme Hip Hop Step Beginners (CK) 7:00 PM Commit (CK)	6:00 PM Zumba (PE) 7:00 PM FIT Bootcamp (CK)	6:00 PM Xtreme Hip Hop Step Intermediate (CK) 7:00 PM Caribbean Beatz (CK)	6:15 PM FIT BodyWerk (AO) 7:00 PM Line Dancing (AO)	STUDIO CLOSED	STUDIO CLOSED
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Fit For A Purpose Dance & Fitness Studio

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