

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236							JANUARY 2019							M-Th 5:30am-8pm Fri 5:30-8pm Sat 7am-4pm Sun 12pm-4pm						
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday								
				1		2		3		4		5 Lecture 1 9:30-11am <i>Getting Started on the Road to Success</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am								
6 Makeup Exercise 1:30-2:30pm		7		8 Exercise 6-7am 10-11am 5:30-6:30pm		9		10 Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm		11		12 Lecture 2 9:30-11am <i>Understanding Carbohydrates</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am								
13 Makeup Exercise 1:30-2:30pm		14		15 Exercise 6-7am 10-11am 5:30-6:30pm		16		17 Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm		18		19 Lecture 3 9:30-11am <i>Know Your Fats</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am								
20 Makeup Exercise 1:30-2:30pm		21		22 Exercise 6-7am 10-11am 5:30-6:30pm		23		24 Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm		25		26 Lecture 4 9:30-11am <i>Insulin Resistance</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am								
27 Makeup Exercise 1:30-2:30pm		28		29 Exercise 6-7am 10-11am 5:30-6:30pm		30		31 Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm												

SATURDAY, JAN 5th 2019 WEIGHT MANAGEMENT CLASS

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236							MARCH 2019		M-Th 5:30am-8pm Fri 5:30-8pm Sat 7am-4pm Sun 12pm-4pm	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
						1	Lecture 9 9:30-11am <i>Sleep and Metabolism</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am	2		
3 Makeup Exercise 1:30-2:30pm	4	Exercise 6-7am 10-11am 5:30-6:30pm	5	6	Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	7	8	Lecture 10 9:30-11am <i>Continuing the Journey</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am	9	
10	11	12	13	14	15	16				
17	18	19	20	21	22	23				
24	25	26	27	28	29	30				

SATURDAY, JAN 5th 2019 WEIGHT MANAGEMENT CLASS