



















When it comes to going after your goals, have you ever told yourself “*as soon as...*”

Give yourself permission to get started now. Today is the first day of the rest of your life.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Vivian 8:00am		 Tight & Tone Shelly 8:00am	 Lauren 8:00am	 Thelma 8:30am	 Heather 8:00am	
 Heather 9:00am	 Kendall 9:00am			 Shannon 9:00am		
		 BODYJAM Heather 4:30pm		 BODYJAM Heather 4:45pm		 BODYPUMP Lauren 2:00pm
 BODYJAM Heather 5:30pm	 THE BIGGEST LOSER Heather 5:30pm		 THE BIGGEST LOSER Heather 5:30am			
	 LES MILLS CXWORX Heather 6:30pm		 LES MILLS CXWORX Michelle 6:30pm			