

JANUARY AEROBICS

CLASS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Buff Fit (IA) - 0600 Isshinryu Karate - 1600 	2 Buff Fit (IA) - 0600 *Spin - 1100 *Yoga - 1200 *Hiit - 1200 *Zumba - 1200 Spin - 1700	3 Buff Fit (IA) - 0600 *Yoga - 0700 Isshinryu Karate - 1600 *Yoga - 1630	4 Buff Fit (IA) - 0600 *Spin - 1100 *Zumba - 1200	5 Buff Fit (IA) - 1030
7 Buff Fit (IA) - 0600 *Spin - 1100 *Zumba - 1200 *Ab Lab - 1200 *Spin - 1700 *Hiit - 1800	8 Buff Fit (IA) - 0600 *Spin - 1100 *Body Blast - 1200 Isshinryu Karate - 1600 *Spin - 1700 *Yoga - 1800	9 Buff Fit (IA) - 0600 *Spin - 1100 *Yoga - 1200 *Hiit - 1200 *Zumba - 1200 Spin - 1700	10 Buff Fit (IA) - 0600 *Yoga - 0700 *Body Blast - 1200 Isshinryu Karate - 1600 *Yoga - 1630	11 Buff Fit (IA) - 0600 *Spin - 1100 *Zumba - 1200	12 Buff Fit (IA) - 1030
14 Buff Fit (IA) - 0600 *Spin - 1100 *Zumba - 1200 *Ab Lab - 1200 *Spin - 1700 *Hiit - 1800	15 Buff Fit (IA) - 0600 *Spin - 1100 Isshinryu Karate - 1600 *Spin - 1700 *Yoga - 1800	16 Buff Fit (IA) - 0600 *Spin - 1100 *Hiit - 1200 *Zumba - 1200 *Body Blast - 1200 Spin - 1700	17 Buff Fit (IA) - 0600 *Yoga - 0700 *Body Blast - 1200 Isshinryu Karate - 1600 *Yoga - 1630	18 Buff Fit (IA) - 0600 *Spin - 1100 *Zumba - 1200	19 Buff Fit (IA) - 1030
21 Buff Fit (IA) - 0600 *Spin - 1100 *Zumba - 1200 *Ab Lab - 1200 *Spin - 1700 *Hiit - 1800 	22 Buff Fit (IA) - 0600 *Spin - 1100 Isshinryu Karate - 1600 *Spin - 1700 *Yoga - 1800	23 Buff Fit (IA) - 0600 *Spin - 1100 *Hiit - 1200 *Zumba - 1200 *Body Blast - 1200 Spin - 1700	24 Buff Fit (IA) - 0600 *Yoga - 0700 *Body Blast - 1200 Isshinryu Karate - 1600 *Yoga - 1630	25 Buff Fit (IA) - 0600 *Spin - 1100 *Zumba - 1200	26 Buff Fit (IA) - 1030
28 Buff Fit (IA) - 0600 *Spin - 1100 *Zumba - 1200 *Ab Lab - 1200 *Spin - 1700 *Hiit - 1800	29 Buff Fit (IA) - 0600 *Spin - 1100 Isshinryu Karate - 1600 *Spin - 1700 *Yoga - 1800	30 Buff Fit (IA) - 0600 *Spin - 1100 *Hiit - 1200 *Zumba - 1200 *Body Blast - 1200 Spin - 1700	31 Buff Fit (IA) - 0600 *Yoga - 0700 *Body Blast - 1200 Isshinryu Karate - 1600 *Yoga - 1630	**Buff Fit classes taught at Iron Airman Gym**	

Classes that are listed in **BLACK** are contracted classes. Classes listed in **BLUE** are volunteer taught classes that are subject to change with little to no notice. All classes are subject to change. Classes with a star by them can be used for FIP. Questions? Please call 318-456-4135