

JANUARY 2023

FITNESS CLASS SCHEDULE

MONDAY

HIIT.....6:00pm
Pilates.....7:00pm

No Class 1/2

TUESDAY

Aqua Fit.....5:30pm
Zumba.....6:30pm

No Class 1/3

WEDNESDAY

Kick & Kore.....6:30pm

THURSDAY

Barre.....6:30pm
Yoga 9/22.....7:30pm

FRIDAY

Zumba6:30pm

SUN	MON	TUE	WED	THU	FRI	SAT
1 Closed for the Holiday	2 Closed for the Holiday	3 Closed for the Holiday	4 Quizzo 8pm	5 Taco Night 6pm-9pm	6 Wing Night 6pm-9pm First Friday 9pm-1am	7 New Year's Party 10pm-2am DJ Cruz
8 Brunch Buffet 12pm-3pm Red Zone Specials All Day	9 Closed	10 Closed	11 Bingo 8pm	12 Steak Night 6pm-9pm Darts League 9:30pm	13 Wing Night 6pm-9pm Friday the 13th 10pm-1am	14 Fitness Expo 11am Onesie Party 10pm-2am DJ Cruz
15 Brunch Menu 12pm-3pm Wild-Card Specials All Day	16 Closed	17 Closed	18 Quizzo 8pm	19 Tacos, Tequila 6pm-9pm Name that Tune 8pm Dj Cruz	20 Wing Night & Happy Hour 6pm-9pm	21 New Residents Night 9pm-11pm DJ Cruz 10pm-2am
22 Brunch Menu 12pm-3pm Playoff Specials All Day	23 Closed	24 Closed	25 Rental Credit Bingo 8pm	26 Salmon Night 6pm-9pm Darts League 9:30pm	27 Wing Night 6pm-9pm 90's Mug Night 10pm-2am DJ Cruz	28 Drink Specials 9pm-12am
29 Brunch Menu 12pm-3pm Championship Specials All Day	30 Closed	31 Closed				