

JANUARY 2019
FIT4MOM WESTSIDE



Free Body Back Preview Class 1/15
Body Back Begins 1/29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 9:30 Stroller Strides	3 9:00 Stroller Strides 10:30 Stroller Barre	4 9:30 Stroller Strides	5
6	7 9:30 Stroller Strides	8 9:00 Stroller Strides 10:30 Stroller Barre	9 9:30 Stroller Strides	10 9:00 Stroller Strides 10:30 Stroller Barre	11 9:30 Stroller Strides	12
13	14 9:30 Stroller Strides	15 9:00 Stroller Strides 10:30 Stroller Barre 8:00pm FREE Body Back Preview Class	16 9:30 Stroller Strides	17 9:00 Stroller Strides 10:30 Stroller Barre	18 9:30 Stroller Strides	19 New Saturday Classes! 10:30 Stroller Strides
20	21 9:30 Stroller Strides	22 9:00 Stroller Strides 10:30 Stroller Barre	23 9:30 Stroller Strides	24 9:00 Stroller Strides 10:30 Stroller Barre	25 9:30 Stroller Strides	26 10:30 Stroller Strides
27	28 9:30 Stroller Strides	29 9:00 Stroller Strides 10:30 Stroller Barre 8:00pm Body Back	30 9:30 Stroller Strides	31 9:00 Stroller Strides 10:30 Stroller Barre 8:00pm Body Back	(1) 9:30 Stroller Strides	(2) 10:30 Stroller Strides

#theotherhoodisreal