

JANUARY 2025



Whatever your goal, we can make it happen.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				2	3	4
	6	7	8	9	10	11
	5am BP Brandy 8:30 BP Trenda 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	5am BC Stacie 8:30 BA Kelli 5:30 Shred Trenda	5am BP Brandy 8:30 BP Mary 10 SS Angie 5:30 BP Liz	5am Tone Lindsey 8:30 BF Dee 5:30 Shred Liz	5am BA Kristy 8:30 Tone Kelli 10am SS Mimi	
	13	14	15	16	17	18
	5am BP Brandy 8:30 BP Trenda 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	5am BC Stacie 8:30 BA Kelli 5:30 Shred Trenda	5am BP Brandy 8:30 BP Mary 10 SS Angie 5:30 BP Liz	5am Tone Lindsey 8:30 BF Dee 5:30 Shred Liz	5am BA Kristy 8:30 Tone Kelli 10am SS Mimi	
	20	21	22	23	24	25
	5am BP Brandy 8:30 BP Trenda 10 SS Cojo 4:30 BF Dee 5:30 BP Liz	5am BC Stacie 8:30 BA Kelli 5:30 Shred Trenda	5am BP Brandy 8:30 BP Mary 10 SS Deanna 5:30 BP Liz	5am Tone Lindsey 8:30 BF Dee 5:30 Shred Liz	5am BA Kristy 8:30 Tone Kelli 10am SS Mimi	
	27	28	29	30	31	
	5am BP Brandy 8:30 BP Trenda 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	5am BC Stacie 8:30 BA Kelli 5:30 Shred Trenda	5am BP Brandy 8:30 BP Mary 10 SS Angie 5:30 BP Liz	5am Tone Lindsey 8:30 BF Dee 5:30 Shred Liz	5am BA Kristy 8:30 Tone Kelli 10am SS Mimi	