

Alabama

Moody Civic Center

January 2018

www.moodyciviccenter.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day Closed	2 5:30p Yoga-Maggie 6:30p Tabata-Maggie	3 6:15a Spin-Maggie 5:30p Yoga-Maggie 6:30p Spin-Maggie Free PM Spin Class!	4 6:30p Yoga-Tom **New class time**	5 6:15a Spin-Tom 5p Boot Camp-Lori	6 9a Boot Camp-Lori
7	8	9 10:30a Seniors-Trish 5:30p Yoga-Maggie 6:30p Tabata-Maggie	10 6:15a Spin-Maggie 5:30p Yoga-Maggie 6:30p Spin-Maggie	11 10:30a Seniors – Trish 6:30p Yoga – Tom **New class time**	12 6:15a Spin-Tom 5p Boot Camp-Lori	13 9a Boot Camp-Lori 10:30a Pilates – Trish
14	15	16 10:30a Seniors-Trish 5:30p Yoga-Maggie 6:30p Tabata-Maggie	17 6:15a Spin-Maggie 5:30p Yoga-Maggie 6:30p Spin-Maggie	18 10:30a Seniors – Trish 6:30p Yoga – Tom **New class time**	19 6:15a Spin-Tom 5p Boot Camp-Lori	20 9a Boot Camp-Lori 10:30a Pilates – Trish
21	22	23 10:30a Seniors-Trish 5:30p Yoga-Maggie 6:30p Tabata-Maggie	24 6:15a Spin-Maggie 5:30p Yoga-Maggie 6:30p Spin-Maggie	25 10:30a Seniors – Trish 6:30p Yoga – Tom **New class time**	26 6:15a Spin-Tom 5p Boot Camp-Lori	27 9a Boot Camp-Lori 10:30a Pilates – Trish
28	29	30 10:30a Seniors-Trish 5:30p Yoga-Maggie 6:30p Tabata-Maggie	31 6:15a Spin-Maggie 5:30p Yoga-Maggie 6:30p Spin-Maggie			