



GYMDOG FITNESS

GORDON FITNESS CENTER



29607 Barnes Ave
Fort Gordon, GA 30905

JANUARY CALENDAR OF SUB/ALTERNATE INSTRUC

YELLOW = SUB FOR CLASS; ALL OTHERS ARE ALTERNATES

MON	TUE	WED	THUR	FRI	SAT	S
	<u>1</u> NEW YEARS NO CLASSES	<u>2</u> <u>HOLIDAY HOURS 10-6</u> NO 5:30 am CYCLE NO 9:30 am ZUMBA YES 4:30pm GLUTE NO 5:30pm or 6:30 pm	<u>3</u> <u>HOLIDAY HOURS 10-6</u> NO 9:30 am MIXFIT YES 4:30pm ZUMBA NO 5:30 or 6:30 pm	<u>4</u> <u>HOLIDAY HOURS 10-6</u> NO 5:30 am CYCLE NO 9:30 am ZUMBA YES 4:30 pm MIXFIT Chaka	<u>5</u> <u>HOLIDAY HOURS 10-6</u> NO 8:45 am TRX NO 9:30 am CYCLE YES 10 am ZUMBA	<u>6</u>
<u>7</u> 5:30 pm CYCLE–Jasmine 6:30 pm YOGA - Nancy	<u>8</u> 4:30 pm CORE- Roxanne	<u>9</u> 5:30 pm RIP - Grace 5:30 pm CYCLE – Joe	<u>10</u> 5:30 pm BAR – Amber	<u>11</u>	<u>12</u> 8:45 am TRX – Amber 9:30 am CYCLE – Jennifer	<u>13</u>
<u>14</u> 5:30 pm CYCLE – Joe 6:30 pm YOGA – Grace	<u>15</u> 4:30 pm CORE - Ingrid	<u>16</u> 5:30 pm CYCLE–Jasmine	<u>17</u> 4:30 pm ZUMBA - Tiffany 5:30 pm BAR – Ammie	<u>18</u> <u>HOLIDAY HOURS 10-6</u> NO 5:30 am CYCLE NO 9:30 am ZUMBA YES 4:30 pm MIXFIT	<u>19</u> <u>HOLIDAY HOURS 10-6</u> NO 8:45 am TRX NO 9:30 am CYCLE YES 10 am ZUMBA- Janice	<u>20</u>
<u>21</u> <u>HOLIDAY HOURS 10-6</u> NO 5:30 am CYCLE NO 9:30 am ZUMBA YES 4:30pm ZUMBA NO 5:30pm or 6:30 pm	<u>22</u> 4:30 pm CORE- Roxanne 6:30 pm TONE - Janice	<u>23</u> 5:30 pm CYCLE – Joe	<u>24</u> 5:30 pm BAR – Amber	<u>25</u>	<u>26</u> 8:45 am TRX – Joe 9:30 am CYCLE – Joe	<u>27</u>
<u>28</u> 5:30 pm CYCLE–Jasmine 6:30 pm YOGA – Grace	<u>29</u> 4:30 pm CORE - Ingrid 6:30 pm TONE - Janice	<u>30</u> 5:30 pm CYCLE–Joanna	<u>31</u> 5:30 pm BAR – Ammie			