

January 2027

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 **No Class** **(Coaches' Day Off)**
3	4	5 Seated Full Fitness 10:00 am – 10:45 am (O)	6 **No Class** **(Coaches' Day Off)**	7	8	9 PD 1 - 4 Class 10:30 am – 11:45 am (F)
10	11	12 Seated Full Fitness 10:00 am – 10:45 am (O)	13 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	14	15	16 PD 1 - 4 Class 10:30 am – 11:45 am (F)
17	18	19 Seated Full Fitness 10:00 am – 10:45 am (O)	20 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	21	22	23 PD 1 - 4 Class 10:30 am – 11:45 am (F)
24	25	26 Seated Full Fitness 10:00 am – 10:45 am (O)	27 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	28	29	30 PD 1 - 4 Class 10:30 am – 11:45 am (F)
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(F) – Boxing Gym (In-Person Only) (O) – Virtual Only