

January/February Weekend Rotations

Date	Day	Class	Time	Instructor
1/28/2023	Saturday	Rise & Grind	8am	Ally
2/4/2023	Saturday	Rise & Grind	8am	Sarah
2/11/2023	Saturday	Love Your Heart Workout	7:45am	Leanne/Kristi T./Ali - NO RISE & GRIND
2/18/2023	Saturday	Rise & Grind	8am	Sarah
2/25/2023	Saturday	Rise & Grind	8am	Ally