

JANUARY 2020

FITNESS PROGRAM SCHEDULE



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3	4
9:00AM							
9:30AM							
10:30AM							
5:00PM							
6:00PM							
	5	6	7	8	9	10	11
9:00AM						DROP-IN FITNESS	
9:30AM			GFPS - PHASE I		GFPS - PHASE II		
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM				GFPS - PHASE I		GFPS - PHASE II	
	12	13	14	15	16	17	18
9:00AM						DROP-IN FITNESS	
9:30AM			GFPS - PHASE III		GFPS - PHASE IV		
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM				GFPS - PHASE III		GFPS - PHASE IV	
	19	20	21	22	23	24	25
9:00AM						DROP-IN FITNESS	
9:30AM			GFPS - PHASE V		GFPS - PHASE VI		
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM				GFPS - PHASE V		GFPS - PHASE VI	
	26	27	28	29	30	31	
9:00AM						DROP-IN FITNESS	
9:30AM			GFPS - PHASE VII		GFPS - PHASE VIII		
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM				GFPS - PHASE VII		GFPS - PHASE VIII	

FEBRUARY 2020

FITNESS PROGRAM SCHEDULE



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
							1
9:00AM							
9:30AM							
10:30AM							
5:00PM							
6:00PM							
	2	3	4	5	6	7	8
9:00AM						DROP-IN FITNESS	
9:30AM							
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM							
	9	10	11	12	13	14	15
9:00AM						DROP-IN FITNESS	
9:30AM							
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM							
	16	17	18	19	20	21	22
9:00AM						DROP-IN FITNESS	
9:30AM							
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM							
	23	24	25	26	27	28	
9:00AM						DROP-IN FITNESS	
9:30AM							
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM							

MARCH 2020

FITNESS PROGRAM SCHEDULE



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6	7
9:00AM						DROP-IN FITNESS	
9:30AM							
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM							
	8	9	10	11	12	13	14
9:00AM						DROP-IN FITNESS	
9:30AM			GFPS - PHASE I		GFPS - PHASE II		
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM				GFPS - PHASE I		GFPS - PHASE II	
	15	16	17	18	19	20	21
9:00AM						DROP-IN FITNESS	
9:30AM			GFPS - PHASE III		GFPS - PHASE IV		
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM				GFPS - PHASE III		GFPS - PHASE IV	
	22	23	24	25	26	27	28
9:00AM						DROP-IN FITNESS	
9:30AM			GFPS - PHASE V		GFPS - PHASE VI		
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM				GFPS - PHASE V		GFPS - PHASE VI	
	29	30	31	1	2	3	4
9:00AM						DROP-IN FITNESS	
9:30AM			GFPS - PHASE VII		GFPS - PHASE VIII		
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM				GFPS - PHASE VII		GFPS - PHASE VIII	

APRIL 2020

FITNESS PROGRAM SCHEDULE



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3	4
9:00AM						DROP-IN FITNESS	
9:30AM							
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM							
	5	6	7	8	9	10	11
9:00AM						DROP-IN FITNESS	
9:30AM			GFPS - PHASE I		GFPS - PHASE II		
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM				GFPS - PHASE I		GFPS - PHASE II	
	12	13	14	15	16	17	18
9:00AM						DROP-IN FITNESS	
9:30AM			GFPS - PHASE III		GFPS - PHASE IV		
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM				GFPS - PHASE III		GFPS - PHASE IV	
	19	20	21	22	23	24	25
9:00AM						DROP-IN FITNESS	
9:30AM			GFPS - PHASE V		GFPS - PHASE VI		
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM				GFPS - PHASE V		GFPS - PHASE VI	
	26	27	28	29	30	1	2
9:00AM						DROP-IN FITNESS	
9:30AM			GFPS - PHASE VII		GFPS - PHASE VIII		
10:30AM				DROP-IN YOGA			
5:00PM				DROP-IN FITNESS			
6:00PM				GFPS - PHASE VII		GFPS - PHASE VIII	