

# THE RITTENHOUSE

SPA & CLUB - HAIR BY PAUL LABRECQUE

## January Small Group Training

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		<b>1</b> <b>9:00am</b> (60min) <i>Body Sculpt-Jane</i>	<b>2</b> <b>7:45am</b> (60min) <i>BarreLates-Daria</i>	<b>3</b> <b>7:30 am</b> (60min) <i>Cross Circuits – Robin</i> <b>8:30am</b> (60min) <i>Yin-Yasa—Daria</i> <b>11:30am</b> (60min) <i>Water Fitness-Harlan</i>	<b>4</b> <b>7:00am</b> (60min) <i>Body Circuit-Marie</i> <b>8:00am</b> (60min) <i>Relax Into Stretch -Daria</i> <b>11:30am</b> (60min) <i>Water Fitness-Harlan</i>	<b>5</b> <b>8:30am</b> (60min) <i>Body Sculpt-Katie</i> <b>11am</b> (60min) <i>Barre Core - Harlan</i>
<b>6</b> <b>11am</b> (60min) <i>Water BarreLates-Harlan</i>	<b>7</b> <b>7:15am</b> (60min) <i>Vinyasa-Kelly</i> <b>8:15am</b> (60min) <i>Body Sculpt-Katie</i> <b>11:30am</b> (60min) <i>Water Fitness-Harlan</i> <b>6:00pm</b> (60min) <i>DanceFit-Daria</i>	<b>8</b> <b>7:00am</b> (60min) <i>Cardio Blast-Rachel</i> <b>8:30am</b> (60min) <i>Body Sculpt-Katie</i> <b>11:30am</b> (60min) <i>Water Fitness-Harlan</i>	<b>9</b> <b>7:45am</b> (60min) <i>BarreLates-Kelly</i>	<b>10</b> <b>7:30 am</b> (60min) <i>Cross Circuits – Robin</i> <b>8:30am</b> (60min) <i>Yin-Yasa--Kelly</i>	<b>11</b> <b>7:00am</b> (60min) <i>Body Circuit-Rachel</i> <b>8:00am</b> (60min) <i>Relax Into Stretch -Daria</i> <b>11:30am</b> (60min) <i>Water Fitness-Harlan</i>	<b>12</b> <b>8:30am</b> (60min) <i>Body Sculpt-Katie</i> <b>11am</b> (60min) <i>Barre Core - Harlan</i>
<b>13</b> <b>11am</b> (60min) <i>Water BarreLates-Harlan</i>	<b>14</b> <b>7:15am</b> (60min) <i>Vinyasa-Kelly</i> <b>8:15am</b> (60min) <i>Body Sculpt-Katie</i> <b>11:30am</b> (60min) <i>Water Fitness-Harlan</i> <b>6:00pm</b> (60min) <i>DanceFit-Daria</i>	<b>15</b> <b>7:00am</b> (60min) <i>Cardio Blast-Rachel</i> <b>8:30am</b> (60min) <i>Body Sculpt-Katie</i> <b>11:30am</b> (60min) <i>Water Fitness-Harlan</i>	<b>16</b> <b>7:45am</b> (60min) <i>BarreLates-Kelly</i>	<b>17</b> <b>7:30 am</b> (60min) <i>Cross Circuits– Robin</i> <b>8:30am</b> (60min) <i>Yin-Yasa--Kelly</i>	<b>18</b> <b>7:00am</b> (60min) <i>Body Circuit-Rachel</i> <b>8:00am</b> (60min) <i>Relax Into Stretch -Daria</i> <b>11:30am</b> (60min) <i>Water Fitness-Harlan</i>	<b>19</b> <b>8:30am</b> (60min) <i>Body Sculpt – Katie</i> <b>11am</b> (60min) <i>Barre Core - Harlan</i>
<b>20</b> <b>11am</b> (60min) <i>Water BarreLates-Harlan</i>	<b>21</b> <b>7:15am</b> (60min) <i>Vinyasa-Kelly</i> <b>8:15am</b> (60min) <i>Body Sculpt-Katie</i> <b>11:30am</b> (60min) <i>Water Fitness-Harlan</i> <b>6:00pm</b> (60min) <i>DanceFit-Daria</i>	<b>22</b> <b>7:00am</b> (60min) <i>Cardio Blast-Rachel</i> <b>8:30am</b> (60min) <i>Body Sculpt-Katie</i> <b>11:30am</b> (60min) <i>Water Fitness-Harlan</i>	<b>23</b> <b>7:45am</b> (60min) <i>BarreLates-Kelly</i>	<b>24</b> <b>7:30 am</b> (60min) <i>Cross Circuits– Robin</i> <b>8:30am</b> (60min) <i>Yin-Yasa--Kelly</i>	<b>25</b> <b>7:00am</b> (60min) <i>Body Circuit-Marie</i> <b>8:00am</b> (60min) <i>Relax Into Stretch -Daria</i> <b>11:30am</b> (60min) <i>Water Fitness-Harlan</i>	<b>26</b> <b>8:30am</b> (60min) <i>Body Sculpt – Katie</i> <b>11am</b> (60min) <i>Barre Core – Harlan</i>
<b>27</b> <b>11am</b> (60min) <i>Water BarreLates-Harlan</i>	<b>28</b> <b>7:15am</b> (60min) <i>Vinyasa-Kelly</i> <b>8:15am</b> (60min) <i>Body Sculpt-Katie</i> <b>11:30am</b> (60min) <i>Water Fitness-Harlan</i> <b>6:00pm</b> (60min) <i>DanceFit-Daria</i>	<b>29</b> <b>7:00am</b> (60min) <i>Cardio Blast-Rachel</i> <b>11:30am</b> (60min) <i>Water Fitness-Harlan</i>	<b>30</b> <b>7:45am</b> (60min) <i>BarreLates-Kelly</i>	<b>31</b> <b>7:30 am</b> (60min) <i>Cross Circuits– Robin</i> <b>8:30am</b> (60min) <i>Yin-Yasa--Kelly</i>		

**30**

**11am**(60min)  
*Water Barre*Lates-  
Harlan

**31**

**7:15am**(60min)  
*Vinyasa*-Kelly  
**8:15am**(60min)  
*Body Sculpt*-Katie  
**11:30am**(60min)  
*Water Fitness*-  
Harlan

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