



JAN 2025

NLC FITNESS



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		01 NO CLASS	02	03 HITT & TABATA
06 STRENGTH	07	08 PLYOMETRICS & BALANCE	09	10 HITT & STRENGTH FLOW
13 STRENGTH	14	15 PLYOMETRICS & BALANCE	16	17 TABATA & STRETCH FLOW
20 STRENGTH	21	22 PLYOMETRICS & BALANCE	23 	24 HITT & STRETCH FLOW
27 STRENGTH	28	29 PLYOMETRICS & BALANCE	30	31 TABATA & STRETCH FLOW