



January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Circuit Training 10,11:30, 2, 3:30 Massage Available	2 Stretching 5-6 Circuit Training 6:15-6:45	3 Circuit Training 10,11:30, 2 Massage Available	4 Massage Available	5 Stretching 8 & 10 Circuit 11,12:30, 1 Massage Available	6 WELLNESS CLUB OPEN 10-2
8 Circuit Training 10,11:30, 2, 3:30 Massage Available	9 Stretching 5-6 Circuit Training 6:15-6:45	10 Circuit Training 10,11:30, 2 Massage Available	11 Massage Available	12 Stretching 8 & 10 Circuit 11,12:30, 1 Massage Available	13
15 Circuit Training 10,11:30, 2, 3:30 Massage Available	16 Stretching 5-6 Circuit Training 6:15-6:45	17 Circuit Training 10,11:30, 2 Massage Available	18 Massage Available	19 Stretching 8 & 10 Circuit 11,12:30, 1 Massage Available	20 WELLNESS CLUB OPEN 10-2 Massage Available
22 Circuit Training 10,11:30, 2, 3:30 Massage Available	23 Stretching 5-6 Circuit Training 6:15-6:45	24 Circuit Training 10,11:30, 2 Massage Available	25 Massage Available	26 Stretching 8 & 10 Circuit 11,12:30, 1 Massage Available	27
29 Circuit Training 10,11:30, 2, 3:30 Massage Available	30 Stretching 5-6 Circuit Training 6:15-6:45	31 Circuit Training 10,11:30, 2 Massage Available			



KConway
Health & Wellness
Club

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Massage Available	2 Stretching 8 & 10 Dance 9-9:45 Circuit 11,12:30, 1 Massage Available	3 Wellness Club Open 10am-2pm
5 Circuit Training 10, 11:30, 2, 3:30 Massage Available	6 Stretching 5-6 Dance 6:15-7	7 Circuit Training 10, 11:30, 2 Massage Available	8 Massage Available	9 Stretching 8 & 10 Dance 9-9:45 Circuit 11,12:30, 1 Massage Available	10
12 Circuit Training 10, 11:30, 2, 3:30 Massage Available	13 Stretching 5-6 Dance 6:15-7	14 Circuit Training 10, 11:30, 2 Massage Available	15 Massage Available	16 Stretching 8 & 10 Dance 9-9:45 Circuit 11,12:30, 1 Massage Available	17 Wellness Club Open 10am-2pm Massage Available
19 Circuit Training 10, 11:30, 2, 3:30 Massage Available	20 Stretching 5-6 Dance 6:15-7	21 Circuit Training 10, 11:30, 2 Massage Available	22 Nutrition Workshop 6-7 pm Massage Available	23 Stretching 8 & 10 Dance 9-9:45 Circuit 11,12:30, 1 Massage Available	24
26 Circuit Training 10, 11:30, 2, 3:30 Massage Available	27 Stretching 5-6 Dance 6:15-7	28 Circuit Training 10, 11:30, 2 Massage Available			