



MIDLAND NORTH
*** CORNERSTONE ***
HGX SCHEDULE JANUARY 2019
 ***beginning January 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 5:30am OLIVIA	 5:30am BRANDY	 5:30am BRANDY	 5:30am HEATHER	 5:30am BRANDY		
	 5:30am*** HEATHER		tone 5:30am JENNA			
 8:30am JESSICA B.	 6:00am** HEATHER	 8:30am DORIE	 8:30 MONICA	 8:30am MONICA	 8:30am HEATHER	
	tone 8:30am MONICA	 8:30am AMBER				
 9:30am GINA	 9:30am AMBER	 9:30am** MARY	 9:30am MARY	 9:30am OLIVIA	 9:30am JESSICA B.	 2:00pm DORIE
	GRIT CARDIO 9:30am** MONICA	tone 9:30am JENNA (Mind/Body Room)	 9:30am NANCY		YOGA 9:30am JESSICA S.	 3:00pm MICHAELA
	 9:30 am JENNA (Mind/Body Room)	 10:00 am** MARY		 9:30 am MARY (Mind/Body Room)		 3:00pm ANDREA (Mind/Body Room)
tone 10:30 am** JENNA	 10:30am NORMA	YOGA 10:30am JESSICA S.	 10:30am NORMA		 10:30am OLIVIA/BRANDY	
 4:30pm MARY		 5:30pm BRANDY/HEATHER (Mind/Body Room)			 OLIVIA/BRANDY	
 5:30pm BRANDY	 5:30pm JESSICA B.	 5:30pm JESSICA B.	 5:30pm LUPE			
	GRIT CARDIO 6:30pm** BRITNI	 6:30pm BROOKE	GRIT STRENGTH 6:30pm** BRITNI	 6:00pm BROOKE/SHELLI		
 6:30pm KRISTIN	 6:30pm ZAIDY	 6:30pm MICHAELA	 6:30pm KRISTIN			
 6:30pm BROOKE	YOGA 6:30pm JESSICA S.		 6:30pm JESSICA S.		**denotes 30 minute classes	

