

# CTA-CHAMPION FITNESS

# January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>4</p> <p><b>5:30PM</b> TBW: Bri <b>6:30PM</b> Cycle Revolution: Brian</p>	<p>5</p> <p><b>6:00PM</b> Angie Fit Kick: Brian</p>	<p>6</p> <p><b>5:30PM</b> Cycle Heat: Bri</p>	<p>7</p> <p><b>10:00AM</b> Full Body Cycle: Brandi <b>6:00PM</b> MetKon Cardio Kore/L1FT: Brian</p>	<p>8</p>	<p>9</p>
<p>11</p> <p><b>5:30PM</b> TBW: Bri <b>6:30PM</b> Cycle Revolution: Brian</p>	<p>12</p> <p><b>6:00PM</b> Interval Step: Brian</p>	<p>13</p> <p><b>5:30PM</b> Cycle Heat: Bri</p>	<p>14</p> <p><b>10:00AM</b> Full Body Cycle: Brandi <b>6:00PM</b> MetKon: Brian</p>	<p>15</p>	<p>16</p>
<p>18</p> <p><b>5:30PM</b> TBW: Bri <b>6:30PM</b> Cycle Revolution: Brian</p>	<p>19</p> <p><b>6:00PM</b> Core De Force: Brian</p>	<p>20</p> <p><b>5:30PM</b> Cycle Heat: Bri</p>	<p>21</p> <p><b>10:00AM</b> Full Body Cycle: Brandi <b>6:00PM</b> Cize: Brian</p>	<p>22</p>	<p>23</p>
<p>25</p> <p><b>5:30PM</b> TBW: Bri <b>6:30PM</b> Cycle Revolution: Brian</p>	<p>26</p> <p><b>6:00PM</b> P90X: Brian</p>	<p>27</p> <p><b>5:30PM</b> Cycle Heat: Bri</p>	<p>28</p> <p><b>10:00AM</b> Full Body Cycle: Brandi <b>6:00PM</b> SH1FT/L1FT: Brian</p>	<p>29</p>	<p>30</p>

**\$3** Morning Child Care **\$5** Virtual Classes Available! **First Class FREE** (Up to 15 Different Classes by using promo codes)

Promo Codes: **Cycle Heat** (CYCLE), **Cycle Revolution** (CYCLEREVOLUTION), **Cycle Circuit** (CIRCUIT), **Full Body Cycle** (FULLBODY), **Total Body Workout** (TBW), **Cize** (CIZE), **Core De Force** (CORE), **Hip Hop Hustle** (HUSTLE), **Hi Lo + Instructor's Choice** (HILO), **Insanity** (INSANITY), **Interval Step** (STEP), **L1FT/M1ND**(COMBO), **P90X** (P90X), **R1ZE/L1FT**(COMBO), **R1ZE/M1ND**(COMBO), **SH1FT/L1FT**(COMBO), **SH1FT/M1ND**(COMBO), **Transform + Instructor's Choice** (TRANSFORM), **TurboKick** (TURBOKICK)

Register for In-Person or Virtual Classes Using:

**Vagaro App** or Online at: [www.vagaro.com/CTA](http://www.vagaro.com/CTA) or website [www.ctahighflyers.com](http://www.ctahighflyers.com)

More Information Call **304.291.3547** or check us out on social media - Instagram: **cta.fitness** and Facebook: **CTA Champion Fitness**