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MORNING CLASSES - JANUARY 2019

Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED HAPPY NEW YEAR! NEW YEAR – BETTER YOU!	2	3 <i>new year new beginnings</i>	4	5 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR SALSA NIGHT OUT 9pm at Aromas – RSVP TODAY! *21 yrs of age & up*
7 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	8	9 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	10	11	12 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
14 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	15 BE YOURSELF <i>but be your best self</i>	16 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	17 PICK UP YOUR FREE WEEKLY MEAL PLANNER & STUDIO JEAR'S NUTRITION & HEALTHY EATING TIPS! Did you know planning meals ahead of time reduces junk food intake and relieves stress?	18	19 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
21 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	22	23 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	24	25	26 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
28 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	29 BETTER WAY	30 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	31 	 A New Year! A Fine You!	
WEEKDAY MORNINGS AT JJVA – 8457 Western Way, Jacksonville, FL 32256 SATURDAY MORNINGS AT MOJITOS – 8206 Philips Hwy, #39, Jacksonville, FL 32256					



30 DAY JANUARY 2019
STUDIO JEAR FITNESS CHALLENGE!
FREE for Studio Jear Patrons!

SALSA NIGHT OUT Saturday – Jan 5th at Aromas! Get discount entry fee by giving Studio Jear your RSVP!