



Stick & Move
Body Shop

January 2022



Stick & Move
Body Shop

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 6am - Top of the Mornin Leigh-Ann	4 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie	5 6am - Top of the Mornin Leigh-Ann	6 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie	7 6am - Top of the Mornin Leigh-Ann	8
9	10 6am - Top of the Mornin Leigh-Ann 9am - Let's Move - Leigh-Ann Noon - Pound! - Kendra 6:30pm - Tabata - Ronnie	11 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6pm - PGB Beginners - Stacey	12 6am - Top of the Mornin Leigh-Ann 9am - Let's Move - Leigh-Ann Noon Variety - Stacey 7:30pm - Pound! - Kendra	13 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6pm - Yoga - Andrea	14 6am - Top of the Mornin Leigh-Ann	15 9am- PGB Beginners - Kristi
16	17 6am - Top of the Mornin Leigh-Ann 9am - Let's Move - Leigh-Ann Noon - Pound! - Kendra 6:30pm - Tabata - Ronnie	18 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6pm - PGB Beginners - Stacey	19 6am - Top of the Mornin Leigh-Ann 9am - Let's Move - Leigh-Ann Noon Variety - Stacey 7:30pm - Pound! - Kendra	20 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6pm - Yoga - Andrea	21 6am - Top of the Mornin Leigh-Ann	22 9am- PGB Beginners - Kristi
23	24 6am - Top of the Mornin Leigh-Ann 9am - Let's Move - Leigh-Ann Noon - Pound! - Kendra 6:30pm - Tabata - Ronnie	25 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6pm - PGB Beginners - Stacey	26 6am - Top of the Mornin Leigh-Ann 9am - Let's Move - Leigh-Ann Noon Variety - Stacey 7:30pm - Pound! - Kendra	27 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6pm - Yoga - Andrea	28 6am - Top of the Mornin Leigh-Ann	29 9am- PGB Beginners - Kristi
30	31 6am - Top of the Mornin Leigh-Ann 9am - Let's Move - Leigh-Ann Noon - Pound! - Kendra 6:30pm - Tabata - Ronnie					



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February 2022



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6am - Top of the Mornin 1 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6pm - PGB Beginners - Stacey	6am - Top of the Mornin 2 Leigh-Ann 9am - Let's Move - Leigh-Ann Noon Variety - Stacey 7:30pm - Pound! - Kendra	6am - Top of the Mornin 3 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6pm - Yoga - Andrea	6am - Top of the Mornin 4 Leigh-Ann	5 9am- PGB Beginners - Kristi
6	6am - Top of the Mornin 7 Leigh-Ann 9am - Let's Move - Leigh-Ann Noon - Pound! - Kendra 6:30pm - Tabata - Ronnie	6am - Top of the Mornin 8 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6pm - PGB Beginners - Stacey	6am - Top of the Mornin 9 Leigh-Ann 9am - Let's Move - Leigh-Ann Noon Variety - Stacey 7:30pm - Pound! - Kendra	6am - Top of the Mornin 10 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6pm - Yoga - Andrea	6am - Top of the Mornin 11 Leigh-Ann	12 9am- PGB Beginners - Kristi
13	6am - Top of the Mornin 14 Leigh-Ann 9am - Let's Move - Leigh-Ann Noon - Pound! - Kendra	6am - Top of the Mornin 15 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6pm - PGB Beginners - Stacey	6am - Top of the Mornin 16 Leigh-Ann 9am - Let's Move - Leigh-Ann Noon Variety - Stacey 7:30pm - Pound! - Kendra	6am - Top of the Mornin 17 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6pm - Yoga - Andrea	6am - Top of the Mornin 18 Leigh-Ann	19 9am- PGB Beginners - Kristi
20	6am - Top of the Mornin 21 Leigh-Ann 9am - Let's Move - Leigh-Ann Noon - Pound! - Kendra 6:30pm - Tabata - Ronnie	6am - Top of the Mornin 22 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey	6am - Top of the Mornin 23 Leigh-Ann 9am - Let's Move - Leigh-Ann Noon Variety - Stacey 7:30pm - Pound! - Kendra	6am - Top of the Mornin 24 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6pm - Yoga - Andrea	6am - Top of the Mornin 25 Leigh-Ann	26
27	6am - Top of the Mornin 28 Leigh-Ann					