

**Winter Session Thursday Night 6-7pm  
Instructor Rotation 2023**

<b>Date</b>	<b>Instructor</b>	<b>Format</b>
<b>Jan 12</b>	<b>Laurie</b>	<b>step mix</b>
<b>Jan 19</b>	<b>Liliya</b>	<b>cardio/strength</b>
<b>Jan 26</b>	<b>Nikki</b>	<b>strength mix</b>
<b>Feb 2</b>	<b>Lindsay</b>	<b>tabata mix</b>
<b>Feb 9</b>	<b>Liliya</b>	<b>step mix</b>
<b>Feb 16</b>	<b>Lindsay</b>	<b>interval mix</b>
<b>Feb 23</b>	<b>Nikki</b>	<b>strength mix</b>
<b>Mar 2</b>	<b>Liliya</b>	<b>cardio / strength</b>
<b>Mar 9</b>	<b>Lindsay</b>	<b>cardio mix</b>

