

Personally Fit, **Social Media Content Calendar**

Jan 2018 (Eastern Time)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2 11:45am - Afterburn 1pm - Active Adult 5:30pm - Afterburn	3 11:45am - Afterburn 5:30pm - Cardio	4 11:45am - Afterburn 12pm - Active Adult	5	6 10am - Afterburn	7
8 11:45am - Afterburn 5:30pm - Cardio	9 6am - Cardio 11:45am - Afterburn 1pm - Active Adult 5:30pm - Afterburn	10 11:45am - Afterburn 5:30pm - Cardio	11 6am - Cardio 11:45am - Afterburn 12pm - Active Adult	12	13 8am - Kettlebell 9am - Foundations 10am - Afterburn	14 9am - Kettlebell
15 11:45am - Afterburn 5:30pm - Cardio	16 6am - Cardio 11:45am - Afterburn 1pm - Active Adult 5:30pm - Afterburn	17 11:45am - Afterburn 5:30pm - Cardio	18 6am - Cardio 11:45am - Afterburn 12pm - Active Adult	19	20 8am - Kettlebell 9am - Foundations 10am - Afterburn	21 9am - Kettlebell
22 11:45am - Afterburn 5:30pm - Cardio	23 6am - Cardio 11:45am - Afterburn 1pm - Active Adult 5:30pm - Afterburn	24 11:45am - Afterburn 5:30pm - Cardio	25 6am - Cardio 11:45am - Afterburn 12pm - Active Adult	26	27 8am - Kettlebell 9am - Foundations 10am - Afterburn	28 9am - Kettlebell
29 11:45am - Afterburn 5:30pm - Cardio	30 6am - Cardio 11:45am - Afterburn 1pm - Active Adult 5:30pm - Afterburn	31 11:45am - Afterburn 5:30pm - Cardio	1 6am - Cardio 11:45am - Afterburn 12pm - Active Adult	2	3 8am - Kettlebell 9am - Foundations 10am - Afterburn	4 9am - Kettlebell