

December

Are You READY!

Become the Best Version of Yourself

4 week Classes Dec 2nd – Dec 31st Mon, Wed & Fri 5am, 6am, 5:30pm, 6:30pm

6 week Classes Dec 2nd – Jan 10th Mon, Wed, & Fri 5am, 6am, 5:30pm, 6:30p

2019

Gymnanigans Boxing Fitness & Strength Training *for Women*

1409 Georgia St., Vallejo | 707-310-0863|www.gymnanigans.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 4 week class 6 week class	2 4 week class 6 week class	3 4 week class 6 week class	4 4 week class 6 week class	5 4 week class 6 week class	6 4 week class 6 week class	7
8 4 week class 6 week class	9 4 week class 6 week class	10 4 week class 6 week class	11 4 week class 6 week class	12 4 week class 6 week class	13 4 week class 6 week class	14
15 4 week class 6 week class	16 4 week class 6 week class	17 4 week class 6 week class	18 4 week class 6 week class	19 4 week class 6 week class	20 4 week class 6 week class	21
22 4 week class 6 week class	23 4 week class 6 week class	24 4 week class 6 week class	25 4 week class 6 week class	26 4 week class 6 week class	27 4 week class 6 week class	28
29 4 week class 6 week class	30 4 week class 6 week class	31				



1409 Georgia St., Vallejo, CA 94590

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