



# QC ALL FIT DECEMBER SCHEDULE

## MONTHLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	ROTATING CLASS
5:45 AM	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
8:00 AM						MACE	
8:30 AM	ZUMBA		TRX		XCO	POUND	
9:00 AM							
5:00 PM	CROSS TRAINING	KICKBOXING	CROSS TRAINING	KICKBOXING			
5:30 PM	ZUMBA	POUND	MACE	ZUMBA			
6:00 PM							
6:30 PM							



★ DOWNLOAD MINDBODY APP TO STAY UP TO DATE WITH CLASS CHANGES OR CANCELLATIONS!

★ WE NEED TO HAVE (3) PEOPLE IN CLASS OTHERWISE WE CANCEL