

DECEMBER FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45-6:30 AM CYCLING / BROOKE NO CLASS 12/25 AND 1/1/19				
6:00 AM RISE AND GRIND - SM GRP TRAINING / CHANAYE		6:00 AM RISE AND GRIND - SM GRP TRAINING / CHANAYE		6:00 AM RISE AND GRIND - SM GRP TRAINING / CHANAYE	
8:30-9:00 AM CORE AND MORE LAST CLASS OF THE YEAR 12/17	9:00-10:00 ZUMBA / MELANIE NO CLASS 12/25 AND 1/1/19	8:00-9:00 BODY PUMP / BROOKE NO CLASS 12/26		8:30-9:00 AM CORE AND MORE NO CLASS 12/28	
9:00 AM TONE / BROOKE LAST CLASS OF THE YEAR 12/17	10:00-11:00 CYCLING / DAVID NO CLASS 12/25 AND 1/1/19	9:00-10:00 PIYO / MELANIE	9:30-10:30 SENIOR STRENGTH AND MOTION / BROOKE NO CLASS 12/27	9:10 AM TONE / KEATHA NO CLASS 12/28	
10:00 AM YOGA / SAM LAST CLASS OF THE YEAR 12/17		10:00-11:00 YOGA / SAM NO CLASS 12/26	11:00-12:00 CYCLING / DAVID	10:00-11:00 AM BODY PUMP / BROOKE NO CLASS 12/28	
	4:00-5:00 PM CIRCUIT WORKOUT / CHANAYE NO CLASS 12/25 AND 1/1/19	4:30-5:15 PM CYCLING / BROOKE NO CLASS 12/26	4:00-5:00 PM CIRCUIT WORKOUT / CHANAYE		
4:30-5:30 PM BODY PUMP / BROOKE LAST CLASS OF THE YEAR 12/17	5:00-6:00 PM YOGA STRETCH / TAMARA NO CLASS 12/25 AND 1/1/19	5:30-6:00 PM CORE / BROOKE NO CLASS 12/26			
6:00-7:00 PM BODY PUMP / AMIE LAST CLASS OF THE YEAR 12/17	6:15-7:00 PM BARRE / KEATHA NO CLASS 12/25 AND 1/1/19	6:00-7:00 PM ZUMBA TONING / MELANIE	6:00-7:00 PM BODY PUMP / AMIE NO CLASS 12/27		