



FITNESS CLASS SCHEDULE

DECEMBER 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|---|---|--|
| | | | | | | 1 7:30am: Strength/ Fusion 8:45am Vinyasa |
| 2 8:30 am P90X 5:00pm: Vinyasa | 3 6:30 am Core 'n' More 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise | 4 8:30am: Body Blast 10:00 am Gentle Yoga | 5 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise | 6 8:30 am Body Blast 10:00am: Multi-Level Yoga | 7 6:30am: Vinyasa 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise | 8 7:30am: Strength/ Fusion 8:45am Vinyasa |
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| 23/30 8:30 am P90X 5:00pm: Vinyasa | 24/31 6:30 am Core 'n' More 8:30am: Bootcamp | 25  | 26 8:30am: Core Strength (30 min) | 27 8:30 am Body Blast 10:00am: Multi-Level Yoga | 28 6:30am: Vinyasa 8:30am: Tabata | 29 7:30am: Strength/ Fusion 8:45am Vinyasa |