

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
				1		2		3		4		5	
<b>DECEMBER</b>				A 5:30a SCULPT	Brenda	B 8:00a Yoga 90	Margree	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	A 8am BOOTCAMP	Katie
		A 8:30a Turbo Kick	Mary Kat	C 8:15a Cycle(45)	Mary Kat	T 5:30a Func Training	Ste/Katie	T 6:30a TRX 101	Kay	C 8:30a Cycle	Zel		
		B 8:30a Dynamic Flow	Rebecca	A 8:30a Muscle MIX	Leigh A	B 8:15a Power Yoga	David	B 8:00a Stretch Yoga 90	Dee	T 9:00a SOS	Jan		
		B 9:35a Core Conditioning 30	Mary Kat	A 9:35a Sculpt Lite	Delisa	A8:30a STEP IT UP	Brenda	C 8:15a Cycle (60)	Emily	B 9:35a Yoga	Margree		
		A 9:35a Bar and Burn	Jackie	A 4:30p BOX INTERVALS	Travis	A 9:35a BAR-Lates	Jodie	A 8:15a Func Training	Leigh A	<b>9:35am Yoga w/ Margree!</b>			
		A 1:05p Tai Chi	Peggy	C 5:30p Cycle	Emily	A 4:30p Cardio BLAST	Brenda	A 9:30a Core Conditioning 30	Leigh A				
		A 4:30p FIT CAMP	Katie	A 5:35p Turbo Kick	Zel	B 4:30p Pilates+Yoga	Paula	B 9:35a Yoga	Lisa				
A 5:35p 20/20/20	Brenda					A 10:45a Tai Chi	No Class						
						A 5:35p P90X 45	Phillip						
								A5:15p Jungle Body	Angel				
6		7 NEW 9:35a TRX 101 Intervals!		8 4:30pm Cycle+ BOOTCAMP		9		10		11		12	
B 4:00p Yoga	Dee	B 8:00a Stretch Yoga 90	Dee	A 5:30a Bar and Burn	Jackie	B 8:00a Yoga 90	Margree	A 5:30a SCULPT	Brenda	T 5:15a TRX	Kay	A 8am BOOTCAMP	Brenda
<b>4pm Yoga w/Dee!</b>		C 8:15a Cycle	Leigh A	A 8:30a Turbo Kick	Mary Kat	C 8:15a Cycle(45)	Mary Kat	T 5:30a Func Training	Ste/Katie	T 6:30a TRX 101	Kay	C 8:30a Cycle	Emily
		A 8:30a FULL BODY	Mary Kat	B 8:30a Dynamic Flow	Rebecca	A 8:30a Muscle MIX	Leigh Anne	B 8:15a Power Yoga	David	B 8:00a Stretch Yoga 90	Dee		
		A 9:35a TRX 101 Intervals	Jodie	B 9:35a Core Conditioning 30	Leigh A	A 9:35a Sculpt Lite	Delisa	A8:30a STEP IT UP	Brenda	C 8:15a Cycle (60)	Emily	B 9:35a Yoga	Paula
		B 9:35a Yoga	Margree	A 9:35a Bar and Burn	Delisa	A 4:30p BOX INTERVALS	Travis	A 9:35a BAR-Lates	Jodie	A 8:15a AMRAP	Mary Kat	<b>START Your Weekend With One SUPER WORKOUT!</b>	
		A 4:30p Strength Circuit	Brenda	A 1:05p Tai Chi	No Class	C 5:30p Cycle	Phillip	A 4:30p Cardio BLAST	Brenda	As Many Rounds As Possible			
		A 5:35p Turbo Kick	Zel	A 4:30p Cycle+BOOTCAMP	Emily	A 5:35p Turbo Kick	Zel	B 4:30p Pilates+ Yoga	Paula	A 9:30a Core Conditioning 30	Emily		
		C 5:45p Power Cycle	Amy	A 5:35p 20/20/20	Brenda					B 9:35a Yoga	Lisa		
						A 5:35p HIIT & RUN 45	Mary Kat	A 10:45a Tai Chi	No Class				
13		14 NEW 9:35a TRX 101 Intervals!		15		16 Mimosas & Muscle Mix		17		18 Tai Chi 10:45am		19	
B 4:00p Yoga	Dee	B 8:00a Stretch Yoga 90	Dee	A 5:30a SCULPT	Brenda	B 8:00a Yoga 90	Margree	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	A 8am BOOTCAMP	Katie
<b>This SUNDAY Has You Covered!!!</b>		C 8:15a Cycle	Leigh A	A8:30a Turbo Kick	Mary Kat	C 8:15a Cycle(45)	Mary Kat	T 5:30a Func Training	Ste/Katie	T 6:30a TRX 101	Kay	C 8:30a Cycle	Zel
		A 8:30a FULL BODY	Mary Kat	B 8:30a Dynamic Flow	Rebecca	A 8:30a Muscle MIX & Mimosas!!	Leigh Anne	B 8:15a Power Yoga	David	B 8:00a Stretch Yoga 90	Dee	T 9:00a SOS	Jan
		CONDITIONING		B 9:35a Core Conditioning 30	Mary Kat	A 9:35a Sculpt Lite	Delisa	A8:30a STEP IT UP	Brenda	C 8:15a Cycle (60)	Emily	B 9:35a Yoga	Margree
		A 9:35a TRX 101 Intervals	Jodie	A 9:35a Bar and Burn	Delisa	A 9:35a Sculpt Lite	Delisa	A 9:35a BAR-Lates	Jodie	A 8:15a Func Training	Leigh A	<b>Put A Spin On Your Saturday 8:30a Cycle</b>	
		B 9:35a Yoga	Margree	A 1:05p Tai Chi	Peggy	A 4:30p BOX INTERVALS	Travis	A 4:30p Cardio BLAST	Brenda	A 9:30a Core Conditioning 30	Emily		
		A 4:30p Strength Circuit	Brenda	A 4:30p FIT CAMP	Katie	C 5:30p Cycle	Emily	B 4:30p Pilates+ Yoga	Paula	B 9:35a Yoga	Lisa		
		A 5:35p Turbo Kick	Zel	A 5:35p Cardio Step	Brenda	A 5:35p Turbo Kick	Zel			A 10:45a Tai Chi	Peggy		
C 5:45p Power Cycle	Amy					A 5:35p P90X 45	Phillip	A5:15p Jungle Body	Angel				
20		21 NEW 9:35a TRX 101 Intervals!		22		23		24 Hours 7am-12p		25 Club Closed		26	
B 4:00p Yoga	Dee	B 8:00a Stretch Yoga 90	Dee	A 5:30a SCULPT	Brenda	B 8:00a Yoga 90	Margree	C 8:15a SANTA'S SUPER CIRCUIT!!!	Brenda	<b>HAVE A SAFE &amp; HAPPY HOLIDAY!</b>		A 8am BOOTCAMP	Emily
<b>4pm Yoga w/Dee!</b>		C 8:15a SANTA CYCLE	Leigh A	A8:30a Turbo Kick	Mary Kat	C 8:15a Cycle45	Mary Kat	30 SPIN/30 CIRCUITS/10ABS	Emily			C 8:30a Cycle	Phillip
		A 8:30a FULL BODY	Mary Kat	8:30a Dynamic Flow	Rebecca	A 8:30a FITMAS CHALLENGE!	Leigh Anne					B 9:35a Yoga	Rebecca
		CONDITIONING		B 9:35a Core Conditioning 30	Leigh A	A 9:35a Sculpt Lite	Mary Kat					<b>9:35am Yoga w/Rebecca!</b>	
		A 9:35a TRX 101 Intervals	Jodie	A 9:35a Bar and Burn	Jackie	A 9:35a Sculpt Lite	Mary Kat						
		B 9:35a Yoga	Margree	A 1:05p Tai Chi	Peggy	A 4:30p BOX INTERVALS	Travis						
		A 4:30p Strength Circuit	Brenda	A 4:30p Cycle+BOOTCAMP	Emily	C 5:30p Cycle	Phillip						
		A 5:35p Turbo Kick	Zel	A 5:35p Tabata Step		A 5:35p RED WHITE & GREEN TURBO!	Zel						
C 5:45p Power Cycle	Amy												
27		28 NEW 9:35a TRX 101 Intervals!		29		30		31 Hours 5am-6pm					
B 4:00p Yoga	Dee	B 8:00a Stretch Yoga 90	Dee	A 5:30a SCULPT	Brenda	B 8:00a Yoga 90	Margree	A 5:30a Bar and Burn	Jackie	<b>End Your Weekend With THIS WORKOUT!!!!!!</b>			
<b>End Your Weekend With THIS WORKOUT!!!!!!</b>		C 8:15a Cycle	Leigh A	A8:30a Turbo Kick	Mary K	C 8:15a Cycle45	Mary Kat	T 5:30a Func Training	Ste/Katie				
		A 8:30a FULL BODY COND	Mary Kat	8:30a Dynamic Flow	Rebecca	A 8:30a Muscle MIX	Leigh A	B 8:15a Power Yoga	David				
		A 9:35a TRX 101 Intervals	Jodie	B 9:35a Core Conditioning 30	Mary K	A 9:35a Sculpt Lite	Delisa	A8:30a STEP IT UP	Brenda				
		9:35a Yoga	Margree	A 9:35a Bar and Burn	Jackie	A 4:30p BOX INTERVALS	Travis	A 9:35a BAR-Lates	Jodie				
		A 4:30p Strength Circuit	Brenda	A 1:05p Tai Chi	Peggy	C 5:30p Cycle	Emily	A 4:30p Cardio BLAST	Brenda				
		A 5:35p Turbo Kick	Zel	A 4:30p Cycle+BOOTCAMP	Emily	A 5:35p Turbo Kick	Zel	B 4:30p Pilates	No class				
		C 5:45p Power Cycle	Amy	A 5:35p Tabata Step	Brenda								

