

December 2020

GROUP X & INDOOR CYCLING

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	Note class change	*9:00am Burn-Kelsey 9:00am Spin-Calleen 10:00am Tap-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Leslie 6:30pm Zumba®-Christy	**8:00am HIIT-Kelsey 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris	9:00am Hi lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Kylie 5:30pm Zumba-Megan	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Zumba-Megan
6	7	8	9	10	11	12
	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 9:00am Spin-Kylie 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Core Fusion-Doris 5:30pm Cycle X-Leslie 5:30pm Yoga-Megan	*9:00am Burn-Kelsey 9:00am Spin-Calleen 10:00am Tap-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Leslie 6:30pm Zumba®-Christy	**8:00am HIIT-Kelsey 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris	9:00am Hi lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Kylie 5:30pm Zumba-Megan	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Cardio Fusion-Doris
13	14	15	16	17	18	19
	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 9:00am Spin-Kylie 10:00am TBS-Doris 11:10am Hatha Yoga-Pam 4:30pm Core Fusion-Doris 5:30pm Cycle X-Leslie 5:30pm Yoga-Megan	*9:00am Burn-Kelsey 9:00am Spin-Calleen 10:00am Tap-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Leslie 6:30pm Zumba®-Christy	**8:00am HIIT-Kelsey 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Pam 4:30pm Cardio Fusion-Doris	9:00am Hi lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:30 Spin-Kylie 5:30pm Zumba-Megan	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	
20	21	22	23	24	25	26
	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 9:00am Spin-Kylie 10:00am TBS-Doris 11:10am Yoga-Pam 4:30pm Core Fusion-Doris 5:30pm Spin-Leslie 5:30pm Yoga-Megan	*9:00am Burn-Kelsey 9:00am Spin-Kylie 10:00am Tap-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Leslie 6:30pm Zumba®-Christy	**8:00am HIIT-Kelsey 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Yoga-Pam 4:30pm Cardio Fusion-No class	No classes	<i>Merry Christmas</i>	No classes
27	28	29	30	31		
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