

December Schedule 2018

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Fitness/Spin	Mind/Body	Fitness/Spin	Mind/Body	Fitness/Spin	Mind/Body	Fitness/Spin	Mind/Body	Fitness/Spin	Mind/Body	Fitness/Spin	Mind/Body
		6:15 - 7:00am Cycle Bryanne			6:15 - 7:00am Yoga Flow Hailey	6:15 - 7:00am Cycle Bryanne		6:15 - 7:00am Cycle Jose			
AFTERNOON CLASSES											
11:00 - 11:45am Cycle Shane	Fitness Studio 12:05 - 12:50pm T/B/S Al	11:00 - 11:45am Fusion Sunshine		12:05 - 12:50pm Complete Core Chris	11:30 - 12:15pm Yoga Fundamentals Andrea	12:05 - 12:50pm Fusion Shane	11:00 - 11:45pm Yoga Flow	12:05 - 12:50 HIIT Bryanne		9:30 - 10:30am Cycle Plus Lorraine/Michelle	
12:05 - 12:50pm Cycle Bryanne		12:05 - 12:45pm VIPR Shane	12:05 - 1:00pm Yoga Burn Honorata	12:05 - 12:50 Cycle Sarah		12:05 - 12:50pm Cycle Jessie		1:05 - 1:50pm Spartan² Al	12:05 - 1:00pm Yoga for Life Christine		10:00 - 11:30pm Weekend Warriors Al
1:05 - 1:50pm T/B/S Shane		1:05 - 1:50pm Circuit 201 Shane		1:05 - 1:50pm Navy Seals Bootcamp Shane		1:05 - 1:50pm Barbell Challenge Shane					
EVENING CLASSES											
		5:30 - 6:30pm Cycle Plus Lonny						<p style="text-align: center; margin: 0;">Holiday Class Schedule</p> <p style="text-align: center; margin: 0;">Dec 24th, 25th, 26th No Classes</p> <p style="text-align: center; margin: 0;">Thursday Dec 27th (One Class) Fusion 12:05pm Shane</p> <p style="text-align: center; margin: 0;">Friday Dec 28th (One Class) HIIT 12:05pm Jason</p> <p style="text-align: center; margin: 0;">Saturday Dec 29th No Classes</p> <p style="text-align: center; margin: 0;">Monday Dec 31st No Classes</p>			



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