



December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	4 Zumba 5:30PM (Vickie) Yoga 6:30PM (Denise)	5	6 HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Karen)	7	8
9	10 HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	11 Zumba 5:30PM (Vickie) Yoga 6:30PM (Karen)	12	13 HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Karen)	14	15
16	17 HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	18 Zumba 5:30PM (Vickie) Yoga 6:30PM (Denise)	19	20 HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	21	22
23	24 No Classes Christmas Eve	25 No Classes Christmas Day	26 Zumba 5:30PM (Vickie) LIIT 6:30PM (Stephanie)	27 HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	28	29
30	31 No Classes New Year's Eve	Jan 1 No Classes New Year's Day				

