

December 2024 Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	3 7:30a Strength 8:30a Strength 5:30p Strength	4 10:30a Fitness 101	5 7:25a Strength 8:30a Strength 5:30p Fitness 101	6 8:30a Flexibility	7 9a Pietra DEMO 10:15a Core Conditioning
8	9 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	10 7:30a Strength 8:30a Strength 5:30p Strength	11 10:30a Fitness 101	12 7:25a Strength 8:30a Strength 5:30p Fitness 101	13 8:30a Flexibility	14 9a Pietra DEMO 10:15a Core Conditioning
15	16 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	17 7:30a Strength 8:30a Strength 5:30p Strength	18 10:30a Fitness 101	19 7:25a Strength 8:30a Strength 5:30p Fitness 101	20 8:30a Flexibility	21 10:15a Core Conditioning
22	23 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	24 Christmas Eve - No group fitness	25 Merry Christmas! No group fitness	26 7:25a Strength 8:30a Strength 5:30p Fitness 101	27 8:30a Flexibility	28 10:15a Core Conditioning
29	30 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	31 7:30a Strength 8:30a Strength				

December 2024 Semi-Privates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	2 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	3 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	4 5:40a Strength 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35 Pilates	5 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	6 6:30a Strength 9:30a Pilates 11:15a Pilates	7 8:25a Pilates 9:15a Pilates
8 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	9 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	10 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	11 5:40a Strength 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35 Pilates	12 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	13 6:30a Strength 9:30a Pilates 11:15a Pilates	14 8:25a Pilates 9:15a Pilates
15 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	16 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	17 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	18 5:40a Strength 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates	19 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	20 6:30a Strength 9:30a Pilates 11:15a Pilates	21 9:15a Pilates
22 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	23 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	24 9:30a Pilates	25 Merry Christmas!	26 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	27 6:30a Strength 9:30a Pilates 11:15a Pilates	28 8:25a Pilates 9:15a Pilates
29 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	30 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	31 8:30a Pilates 9:30a Pilates 9:35a Strength				