

December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <u>5:30AM Bootcamp</u> <u>8:30AM Strength</u> <u>11AM Resistive Bands Class</u> <u>5:20PM Bootcamp 35 minutes</u>	3 <u>5:30AM Strength</u> <u>8:15AM-9AM Barre Strength</u>	4 <u>5:30AM HIGH/Low</u> <u>8:30AM Bootcamp</u> <u>11AM Resistive Bands Class</u>	5 <u>5:30AM Bootcamp</u> <u>8:30AM Pumped up Strength-Ashley</u> <u>11AM Tai Chi</u> <u>5:30PM HIGH Fitness</u>	6 <u>5:30AM HIGH Fitness</u> <u>8:30AM Bootcamp</u> <u>11AM- Resistive Bands Class</u>	7
8	9 <u>5:30AM Bootcamp</u> <u>8:30AM Strength</u> <u>11AM Resistive Bands Class</u> <u>5:20PM Bootcamp 35 minutes</u>	10 <u>5:30AM Strength</u> <u>8:15AM-9AM** NO CLASS</u>	11 <u>5:30AM HIGH/Low</u> <u>8:30AM Bootcamp</u> <u>11AM Resistive Bands Class</u>	12 <u>5:30AM Bootcamp</u> <u>8:30AM Pumped up Strength-Ashley</u> <u>11AM Tai Chi</u> <u>5:30PM HIGH Fitness</u>	13 <u>5:30AM HIGH Fitness</u> <u>8:30AM Bootcamp</u> <u>11AM- Resistive Bands Class</u>	14
15	16 <u>5:30AM Bootcamp</u> <u>8:30AM Strength</u> <u>11AM Resistive Bands Class</u> <u>5:20PM Bootcamp 35 minutes</u>	17 <u>5:30AM Strength</u> <u>8:15AM-9AM Barre Strength</u>	18 <u>5:30AM HIGH/Low</u> <u>8:30AM Bootcamp</u> <u>11AM Resistive Bands Class</u>	19 <u>5:30AM Bootcamp</u> <u>8:30AM Pumped up Strength-Ashley</u> <u>11AM Tai Chi</u> <u>5:30PM**NO CLASS</u>	20 <u>5:30AM HIGH Fitness</u> <u>8:30AM Bootcamp</u> <u>11AM- Resistive Bands Class</u>	21
22	23 <u>5:30AM Bootcamp</u> <u>8:30AM Strength</u> <u>11AM Resistive Bands Class</u> <u>5:20PM Bootcamp 35 minutes</u>	24 <u>5:30AM Strength</u> <u>8:15AM-9AM**NO CLASS</u> NO KIDS CLUB CLOSING AT 1PM	25 Christmas Day CLOSED ALL DAY	26 <u>5:30AM Bootcamp</u> <u>8:30AM**NO CLASS</u> <u>11AM Tai Chi</u> <u>5:30PM**NO CLASS</u>	27 <u>5:30AM HIGH Fitness</u> <u>8:30AM Bootcamp</u> <u>11AM- Resistive Bands Class</u>	28
29	30 <u>5:30AM Bootcamp</u> <u>8:30AM Strength</u> <u>11AM Resistive Bands Class</u> <u>5:20PM Bootcamp 35 minutes</u>	31 <u>5:30AM Strength</u> <u>8:15AM-9AM Barre Strength</u> CLOSING EARLY	1 New Year's Day	2	3	4