MONDAY DECEMBER 13

AT

Googa 7:30 AM



WEDNESDAY DECEMBER 15

TUESDAY DECEMBER 14 AT 6:30AM THURSDAY DECEMBER 16

7:00 PM

FRIDAY DECEMBER 17 AT7AM

tabata style workout

merry mabilty



December 5 Vorkout

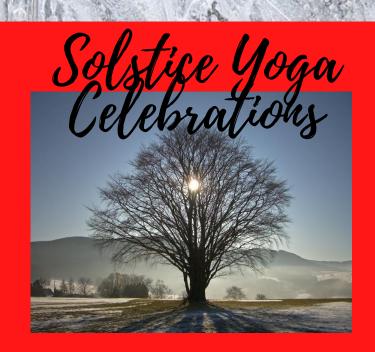
SATURDAY DECEMBER 18

9:00 AM

MONDAY DECEMBER 20 AT 6:30AM

Christmas Tree Workout

SUNDAY DECEMBER 19 AT 10:00AM



TUESDAY DECEMBER 21 AT7PM (60-MINUTES)

WEDNESDAY DECEMBER 22 cardio craze

> Register at: www.pulsegenerator.ca **12 Days of Fitmas**

This program is FREE, but you need to register via Wellness Living to get the workout links.

All workouts are led via Zoom and are 15-20 minutes in length, unless otherwise stated.

Recovery Moment

THURSDAY DECEMBER 23 AT

FRIDAY DECEMBER 24 AT 9 AM

12 Day of Ply Fitmas (30-minutes)



