

# December 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 26	Nov 27	Nov 28	Nov 29	Nov 30	1	2
					8am - S/S Zumba	915am-Weight/Cardio
3	4	5	6	7	8	9
8am- S/S Circuit	8am - S/S Circuit	8am - S/S Circuit	7am- Yoga	8am - S/S Circuit	8am - S/S Boom	915am-Weight/Cardio
6:30p- Beginner	9am- S/S Circuit	9am- S/S Circuit	830am- S/S Cardio	9am- Line Dance		
Extreme Step	530p -Spin	530p -Spin	5pm- Line Dance			
Member Appreciation						
10	11	12	13	14	15	16
8am- S/S Circuit	8am - S/S Circuit	8am - S/S Circuit	7am- Yoga	8am - S/S Circuit	8am - S/S Zumba	915am-Weight/Cardio
			830am- S/S Cardio	9am- Line Dance		
		530p -Spin	5pm- Line Dance			
17	18	19	20	21	22	23
	No Classes	No Classes	No Classes	No Classes	No Classes	No Classes
24	25	26	27	28	29	30
	Gym Closed	No Classes	No Classes	No Classes	No Classes	No Classes
	Merry Christmas					
31	1	2	3	4	5	6
	Happy New Year					