

December - Molalla Cutting Edge Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Total Body 9am Senior Fit 3pm Circle Mobility 4pm	3 Senior Fit 10am Body Rebuild 5:30pm	4 Body Rebuild 9am Core & More 5:30pm Cycle 6pm	5 Senior Fit 10am Body Rebuild 5:30pm	6	7 Zumba Intro 10am Circle Mobility 11am
9 Total Body 9am Senior Fit 3pm Circle Mobility 4pm Cycle 5:30pm	10 Senior Fit 10am Cardio Kickboxing 5:30pm	11 Body Rebuild 9am Core & More 5:30pm Danze Fitness 6pm	12 Senior Fit 10am Tone-Tastic 5:30pm	13	14 Cycle, Lift it Drop it! 9am Zumba Intro 10am Circle Mobility 11am
16 Body Rebuild 9am Senior Fit 3pm Circle Mobility 4pm Cycle 5:30pm	17 Senior Fit 10am Cardio Kickboxing 5:30pm	18 Body Rebuild 9am Core & More 5:30pm Danze Fitness 6pm	19 Senior Fit 10am Cycle 5:30pm	20	21 Zumba Intro 10am Circle Mobility 11am
23 Total Body 9am Senior Fit 3pm Circle Mobility 4pm Cycle 5:30pm	24 Senior Fit 10am Christmas Eve! Office closes at 2pm No PM Daycare	25 Merry Christmas! Office Closed	26 Senior Fit 10am Tone-Tastic 5:30pm	27	28 Zumba Intro 10am Circle Mobility 11am
30 Total Body 9am Senior Fit 3pm Circle Mobility 4pm Cycle 5:30pm	31 Senior Fit 10am New Year's Eve! Office closes at 2pm No PM Daycare		<u>Daycare Hours</u> Monday - Thursday Morning 9:00am-10:30am Evening 5:30pm-7:00pm	<u>Office Hours</u> Monday - Thursday 10:30am - 6:30pm Friday 10:30am - 3:30pm	