December 2025 Cutting Edge Fitness

	COLUMN TO SERVICE AND ADDRESS OF			0 0	,	
äL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Total Body 9am		Power Hour			*Dynamic Strength 8am
		Senior Fit 10am	w/Stephanie 9am	Senior Fit 10am	Yoga 10:30am	Cycle and Abs 9am
8			·			
	Cycle and Abs			Power Hour		
9	5:30pm	Yoga 6pm		w/Stephanie 5:30pm		
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ĕ	8	9	10	11	12	13
9	Total Body 9am		Power Hour		Mommy & ME 9am	*Dynamic Strength 8am
	,	Senior Fit 10am	w/Stephanie 9am	Senior Fit 10am	Yoga 10:30am	Cycle and Abs 9am
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В	Cycle and Abs	Tone-tastic 5:30pm	Core & More 5:30pm	Cardio Kickboxing		
	5:30pm	Yoga 6pm	Cardio Danze 6pm	5:30pm		
	3.50pm	Toga opini	Odralo Dalizo opili	<mark>5.50ртт</mark>		
K	15	16	17	18	19	20
	Power Hour		Power Hour			*Dynamic Strength 8am
	w/Stephanie 9am	Senior Fit 10am	w/Stephanie 9am	Senior Fit 10am	Yoga 10:30am	Cycle and Abs 9am
9	•		'			·
ġ.	Cycle and Abs		Core & More 5:30pm	Power Hour		
ĸ.	5:30pm	Yoga 6pm	Cardio Danze 6pm	w/Stephanie 5:30pm		
	0.00p	1989 95	odraio Banzo opini			
	22	23	24	25	26	27
N.	Total Body 9am	Ugly Sweater	Ugly Sweater Power			*Dynamic Strength 8am
Ň		Senior Fit 10am	Hour w/Stephanie9am	Merry Christmas!	Yoga 10:30am	Cycle and Abs 9am
				Office Closed		
8	Cycle and Abs	XXXX	XXXX XXXX	No Kids Club,		
¥	5:30pm	Tone-tastic 5:30pm	No Evening Kids Club	No Group Fitness		
	отобр	Yoga 6pm	Office closes at 2pm			
	29	30	31	December Attendance		
	Total Body 9am		Party Power Hour	Challenge	Office Hours	<u>Kids Club Hours</u>
	rotat Body odini	Senior Fit 10am	w/Stephanie 9am	Attend the gym to be	Monday – Thursday	Monday – Thursday
		John Hit Tuain	Wotophanie Jani	entered into our raffle	10:30am to 6:30pm	Morning
	Cycle and Abs		No Evening Kids club		Friday	9:00am to 10:30am
	-	Vogo Com	Office closes at 2pm	*Fee Class - Drop-ins	10:30am to 3:30pm	Evening
	5:30pm	Yoga 6pm	Office closes at 2pm	\$15.00 See front desk	-	5:30pm to 7:00pm
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