

## Monthly Group Fitness Schedule

December 3rd – 8<sup>th</sup> & December 10<sup>th</sup>- 15<sup>th</sup> 2018

Time	Monday	Tuesday	Wednesday	Thursday	Saturday
9:00am				Circuit HIIT	
10:00am	Circuit HIIT				
12:00pm		Pound		ZUMBA/ Dance Fitness	
1:00pm		Battle Ropes			
6:00pm	No Limits		100Class		
6:30pm	Spin		Spin		
7:45			Battle Ropes		

December 17<sup>th</sup> - 22<sup>nd</sup> 2018

Time	Monday	Tuesday	Wednesday	Thursday	Saturday
9:00am				Circuit HIIT	
10:00am	Circuit HIIT				
1:00pm		Battle Ropes			
6:00pm	No Limits		100 Class		
6:30pm	Spin	Pound	Spin		
7:30pm				ZUMBA/ Dance Fitness	
7:45pm			Battle Ropes		