

DECEMBER 2023

fitness calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Functional Fitness @6am Total Body Reset @8am	2 Pilates @9AM
4 Functional Fitness @6am Total Body Reset @8am Pilates @5pm	5 Pilates @8AM Dance Aerobics @5pm	6 Functional Fitness @6am Total Body Reset @8am Pilates @5pm Country Dance @6pm	7 Pilates @8AM Dance Aerobics @5pm	8 Functional Fitness @6am Total Body Reset @8am	9 Pilates @9AM
11 Functional Fitness @6am Total Body Reset @8am Pilates @5pm	12 Pilates @8AM Dance Aerobics @5pm	13 Functional Fitness @6am Total Body Reset @8am Pilates @5pm Country Dance @6pm	14 Pilates @8AM Dance Aerobics @5pm	15 Functional Fitness @6am Total Body Reset @8am	16 Pilates @9AM
18 Functional Fitness @6am Total Body Reset @8am Pilates @5pm	19 Pilates @8AM Dance Aerobics @5pm	20 Functional Fitness @6am Total Body Reset @8am Pilates @5pm Country Dance @6pm	21 Pilates @8AM Dance Aerobics @5pm	22 <i>closed</i>	23 <i>closed</i>
25 <i>Closed</i> MERRY CHRISTMAS	26 Pilates @8AM Dance Aerobics @5pm	27 Functional Fitness @6am Total Body Reset @8am Pilates @5pm Country Dance @6pm	28 Pilates @8AM Dance Aerobics @5pm	29 Functional Fitness @6am Total Body Reset @8am	30 Pilates @9AM