

BFFS 3140 Heights Ravenna Rd

Group Fitness Class Schedule

December 2021

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1 XHH- Tweet Beginner 7:00 p	2	3	4 XHH WINTER ROUNDUP 12 P – 3 P
5	6 XHH- Cee Cee Intermediate 6:30 p	7	8 XHH- Tweet Beginner 7:00 p	9	10	11 XHH- Cee Cee Intermediate 10:00 a XHH- Tweet Beginner/Intermediate 7:00 p
12	13 XHH- Cee Cee Intermediate 6:30 p	14	15 XHH- Tweet Beginner 7:00 p	16	17	18 HOLIDAY POP UP SHOP 10 a – 4 p XHH- Tweet Beginner/Intermediate 7:00 p
19 HOLIDAY POP UP SHOP 10 a – 4 p	20 XHH- Cee Cee Intermediate 6:30 p	21	22 XHH- Tweet Beginner 7:00 p	23	24 CHRISTMAS EVE	25 CHRISTMAS
26	27 XHH- Cee Cee Intermediate 6:30 p	28	29 XHH- Tweet Beginner 7:00 p	30	31 NEW YEAR EVE	

Xtreme Hip Hop is a fun, energetic, high calorie burning cardio class that will help you shred fat, burn calories, and become a healthier you; all while enjoying your favorite Hip-Hop/R&B music on a step board.