

# DECEMBER 2021

GROUP EXERCISE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 AM CROSS TRAINING PILATES	6:00-7:00 AM CROSS TRAINING	6:00-7:00 AM CROSS TRAINING PILATES	6:00-7:00 AM CROSS TRAINING (CARDIO)		
	7:30-8:30 AM ABS & CORE (BALCONY)		7:30-8:30 AM ABS & CORE (BALCONY)		
8:45-9:45 AM YOGA	8:15 -9:00 AM YOGA BALL	8:45-9:45 AM YOGA	8:15- 9:00 AM YOGA BALL		
9:15-10:15 AM EASY DOES IT		9:15-10:15 AM EASY DOES IT	9:00- 10:00 AM POP UP	9:15-10:15 AM EASY DOES IT	9:30-10:30 AM GROUP CYCLE
	10:00- 11:00 AM CLASSIC YOGA		10:00- 11:00 AM CLASSIC YOGA		
	11:00 AM -12:00PM CHAIR YOGA		11:00AM -12:00PM SIT AND BE FIT (STRENGTH /ROM)		
12:00-1:00 PM CROSS TRAINING	12:00- 1:00 PM POP UP	12:00-1:00 PM CROSS TRAINING			
		1:30 - 3:00 PM LINE DANCING			
5:00-7:00 PM BOXING	6:00-7:00 PM TABATA	5:00- 7:00 PM BOXING	6:00- 7:00 PM FULL BODY FITNESS		
			7:00 - 9:00 PM LINE DANCING		