

# Upstairs

## December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
merry christmas					1 9:30 Total Core Sandy	2 9:00 <b>HIIT</b> Training Joanna
3	4 9:30 Cut-N-Tone Sandy  5:45 TRIPLE THREAT Amber	5 5:30 Cut-N-Sweat Sandy	6 <b>8:30</b> Cardio Int. Meredith	7 5:30 Cut-N-Sweat Sandy	8 9:30 Total Core Sandy	9 9:00 <b>HIIT</b> Training Gloria
10	11 9:30 Cut-N-Tone Sandy  5:45 HIIT Gloria	12 5:30 Cut-N-Sweat Sandy	13 <b>8:30</b> Cardio Int. Meredith	14 5:30 Cut-N-Sweat Sandy	15 9:30 Total Core Sandy	16 9:00 <b>HIIT</b> Training Joanna
17	18 9:30 Cut-N-Tone Sandy  5:45 TRIPLE THREAT Amber	19 5:30 Cut-N-Sweat Sandy	20 <b>8:30</b> Cardio Int. Meredith	21 5:30 Cut-N-Sweat Sandy	22 9:30 Total Core Sandy	23 9:00 <b>HIIT</b> Training Gloria
24	25 	26 5:30 Cut-N-Sweat Sandy	27 <b>8:30</b> Cardio Int. Meredith	28 5:30 Cut-N-Sweat Sandy	29 9:30 Total Core Sandy	30 9:00 <b>HIIT</b> Training Joanna
31						