

Upstairs

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9:00 HIIT Training Kaden
2	3 9:30 Cut-N-Tone Kaden 5:45 Extreme Circuit Kaden	4 5:30 Cut-N-Sweat Kaden	5 8:30 Cardio Int. Meredith	6 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Kaden	7	8 9:00 HIIT Training Joanna
9	10 9:30 Cut-N-Tone Kaden 5:45 Triple Threat Amber	11 5:30 Cut-N-Sweat Kaden	12 8:30 Cardio Int. Meredith	13 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Kaden	14	15 9:00 HIIT Training Mamie Jo
16	17 9:30 Cut-N-Tone Kaden 5:45 Extreme Circuit Kaden	18 5:30 Cut-N-Sweat Kaden	19 8:30 Cardio Int. Meredith	20 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Kaden	21	22 9:00 HIIT Training Joanna
23	24 	25 	26 8:30 Cardio Int. Meredith	27 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Kaden	28	29  Sorry ... No Class Today! Have a Happy New Year's Eve Weekend!
30	31					