

Downstairs Schedule

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 5:15 am Muscle X Terry 12:10 Circuit Training: Meredith 5:45 Zumba Sam	4 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	5 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 House Party Sam	6 12:10 Cut-N-Tone Michelle	7 12:10 H.I.I.T. Michelle	8
9	10 5:15 am Muscle X Terry 12:10 Circuit Training: Michelle 5:45 Zumba Sam	11 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	12 5:15 am MX Terry 12:10 Step & Spin Michelle	13 12:10 Cut-N-Tone Michelle	14 12:10 H.I.I.T. Michelle	15
16	17 5:15 am Muscle X Terry 12:10 Circuit Training: Meredith 5:45 Zumba Sam	18 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	19 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 House Party Sam	20 12:10 Cut-N-Tone Michelle	21 12:10 H.I.I.T. Michelle	22
23	24	25	26 5:15 am MX Terry 12:10 Step & Spin Michelle	27 MX30 Explosion! Come ready for a 30 Minute HIIT Workout MX30 Style	28 12:10 H.I.I.T. Meredith	29
30	31 					