

December 2017 Schedule

Bring Lots of Water, a Yoga Mat & a Great Attitude

Sunday Full Body Fun	Monday Legs & Core	Tuesday Chest, Triceps & Cardio	Wednesday Back, Biceps & Booty	Thursday Morning - Full Body Weights with Courtney Evening - Full Body Stretch & Sculpt with Sara	Friday Trainer's Workout Choice	Saturday FULL BODY
<h2 style="color: red;">Happy Holidays!!!</h2> <p style="color: red;">Friday Evening Classes WILL BE BACK In January!!!</p>					1 Morning Classes 4:45am, 6:00am & 8:30am	2 Morning Classes 6:00am, 7:15am, 8:30am
3 Morning - 8:00am	4 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm & 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing	5 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm	6 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm	7 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing	8 Morning Classes 4:45am, 6:00am & 8:30am	9 Morning Classes 6:00am, 7:15am, 8:30am
10 Morning - 8:00am	11 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm & 5:15pm, 6:30pm & 7:45pm	12 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am BETTER BODY SPORTS AM Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm BETTER BODY SPORTS PM	13 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm	14 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing	15 Morning Classes 4:45am, 6:00am & 8:30am	16 Morning Classes 6:00am, 7:15am, 8:30am
17 Morning - 8:00am	18 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm & 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing	19 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm	20 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm	21 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing	22 Morning Classes 4:45am, 6:00am & 8:30am	23 Morning Classes 6:00am, 7:15am, 8:30am
24 Morning - 8:00am Christmas Eve	25 Closed for Christmas Merry Christmas!!!	26 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am BETTER BODY SPORTS AM Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm BETTER BODY SPORTS PM	27 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm, 7:45pm	28 Morning Classes 4:45am, 6:00am, 7:15am, 8:30am Evening Classes 4:00pm, 5:15pm, 6:30pm 7:45pm Cardio Kick Boxing	29 Morning Classes 4:45am, 6:00am & 8:30am	30 Morning Classes 6:00am, 7:15am, 8:30am
31 Morning - 8:00am New Year's Eve						

Courtney FnFF Training Mayra FnFF Training Tina FnFF Training Evelina FnFF Training Tara Cardio KickBoxing Sara FnFF Training