



Class Schedule

DECEMBER



2024

MONDAY

SPIN	7:30AM to 8:30AM
MAT PILATES	9:00AM to 10:00AM
HIIT	5:15PM to 6:15PM

TUESDAY

YOGA	8:30AM to 9:30AM
BUTTS & GUTS	9:45AM to 10:45AM
ZUMBA	5:15PM to 6:15PM

WEDNESDAY

PEDAL + PUMP	7:30AM to 8:30AM
MAT PILATES	9:00AM to 10:00AM

THURSDAY

YOGA	8:30AM to 9:30AM
BUTTS & GUTS	9:45AM to 10:45AM
ZUMBA	5:15PM to 6:15PM

FRIDAY

C.S.I. <small>Cardio, Strength + Interval</small>	7:30AM to 8:30AM
MAT PILATES	9:00AM to 10:00AM

SATURDAY

PEDAL + PUMP	7:30AM to 8:30AM
ZUMBA	8:45AM to 9:45AM
HIIT	10:00AM to 11:00AM

** NO CLASS / CLASS CHANGES:

SPIN PEDAL + PUMP BUTTS & GUTS C.S.I.	NO CLASS: 12/21 & 12/23 SUB: 12/24, 12/26 & 12/27
YOGA	SUB: 12/24
HIIT	SUB: 12/9
ZUMBA	NO CLASS: 12/24, 12/26 & 12/31

CLOSED CHRISTMAS DAY