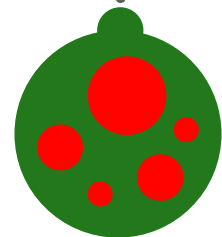


December 2017

GROUP FITNESS CALENDAR



Monday **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday/Sunday**

4

8:15am Total Body - Susan
9:15am Pilates - Ainsley

5:30pm Body Shaping - Anna Maria

5

9:00am Body Power - Rebecca
10:00am Yoga - Katherine
11:00am Cycle - Latham

5:30pm Yoga - Ann

6

8:15am Total Body - Susan
9:15am Pilates - Ainsley

5:00pm TRX Circuits - Vanessa

7

9:00am TRX Circuits - Vanessa
10:00am Yoga - Katherine
11:00am Cycle - Latham

4:30pm Fitball - Anna Maria
5:30pm Yoga - Ann

8

8:15am Total Body - Candice
9:15am Pilates - Ainsley

2

9:00am TRX Circuits - Vanessa

3

5:00pm Yoga - Ann

11

8:15am Total Body - Susan
9:15am Pilates - Ainsley

5:30pm Body Shaping - Anna Maria

12

9:00am Body Power - Rebecca
10:00am Yoga - Katherine
11:00am Cycle - Vanessa

5:30pm Yoga - Ann

13

8:15am Total Body - Candice
9:15am Pilates - Ainsley

5:00pm TRX Circuits - Vanessa

14

9:00am TRX Circuits - Vanessa
10:00am Yoga - Katherine
11:00am Cycle - Latham

4:30pm Fitball - Anna Maria
5:30pm Yoga - Ann

15

8:15am Total Body - Susan
9:15am Pilates - Ainsley

16

9:00am Body Power - Katrina

17

5:00pm Yoga - Ann

18

8:15am Total Body - Candice
9:15am Pilates - Ainsley

5:30pm Body Shaping - Anna Maria

19

9:00am Body Power - Rebecca
10:00am Yoga - Katherine
11:00am Cycle - Latham

5:30pm Yoga - Ann

20

8:15am Total Body - Candice
9:15am Pilates - Ainsley

5:00pm TRX Circuits - Vanessa

21

9:00am TRX Circuits - Vanessa
10:00am Yoga - Katherine
11:00am Cycle - Latham

4:30pm Fitball - Anna Maria
5:30pm Yoga - Ann

22

8:15am Total Body - Susan
9:15am Pilates - Ainsley

23

9:00am TRX Circuits - Vanessa

24

CLUB CLOSED

25

CLUB CLOSED

26

NO CLASSES

27

8:15am Total Body - Susan
9:15am Pilates - Ainsley

5:00pm TRX Circuits - Vanessa

28

9:00am TRX Circuits - Vanessa
10:00am Yoga - Katherine
11:00am Cycle - Vanessa

5:30pm Yoga - Ann

29

8:15am Total Body - Susan
9:15am Pilates - Ainsley

30

9:00am TRX Circuits - Vanessa

31

5:00pm Yoga - Ann