

# Fitness Schedule - December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>6:30 Pound Fit</i>	5 <i>5:45 Yoga</i> <i>6:30 Total Body</i>	6	7 <i>5:45 Yoga</i> <i>6:30 Total Body</i>	8	9
10	11 <i>6:30 Pound Fit</i>	12 <i>5:45 Yoga</i> <i>6:30 Total Body</i>	13	14 <i>5:45 Yoga</i> <i>6:30 Total Body</i>	15	16
17	18 <i>6:30 Pound Fit</i>	19 <i>5:45 Yoga</i> <i>6:30 Total Body</i>	20	21 <i>5:45 Yoga</i> <i>6:30 Total Body</i>	22	23
24	25 <i>NO CLASS</i> <i>Happy Holidays</i>	26 <i>NO CLASS</i> <i>Happy Holidays</i>	27	28 <i>5:45 Yoga</i> <i>6:30 Total Body</i>	29	30

# Fitness Schedule - January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO CLASS Happy Holidays	2 NO CLASS Happy Holidays	3 6:30 Pound Fit	4 5:45 Yoga 6:30 Total Body	5	6 FITNESS PARTY 9am Yoga 9:45am Total Body 10:45 Pound Fit
7	8 6:30 Pound Fit	9 5:45 Yoga 6:30 Total Body	10 6:30 Pound Fit	11 5:45 Yoga 6:30 Total Body	12	13
14	15 6:30 Pound Fit	16 5:45 Yoga 6:30 Total Body	17 6:30 Pound Fit	18 5:45 Yoga 6:30 Total Body	19	20
21	22 6:30 Pound Fit	23 5:45 Yoga 6:30 Total Body	24 6:30 Pound Fit	25 5:45 Yoga 6:30 Total Body	26	27
28	29 6:30 Pound Fit	30 5:45 Yoga 6:30 Total Body	31 6:30 Pound Fit			