

DECEMBER GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00 am - 7:45 am		7:00 am - 7:45 am	7:00 am - 7:45 am		
	Strong & Lean		Strong & Lean	Strong & Lean		
8:30 am - 9:15 am	8:30 am - 9:15 am	8:30 am - 9:15 am	8:30 am - 9:15 am	8:30 am - 9:15 am		
Fit Zone	Fit Zone	Fit Zone	Fit Zone	Fit Zone		
					9:30 am - 10:15 am	
					Hard Core	
10:15 am - 11:00 am					10:30 am - 11:30 am	
Healthy Weigh					Intermediate Kickboxing	
						1:30 pm - 2:15pm
	3:00 pm - 3:45 pm		3:00 pm - 3:45 pm			Fit Zone
	Fit Kids		Fit Kids			
5:00 pm - 5:45 pm		5:00 pm - 6:00 pm		5:00 pm - 6:00 pm		
Youth Development		Youth Development		Youth Development		
	6:00 pm - 6:45 pm		6:00 pm - 6:45 pm			
	Hard Core		Hard Core			
7:00 pm - 7:45 pm	6:00 pm - 6:45 pm	7:00 pm - 7:45 pm	6:00 pm - 6:45 pm	7:00 pm - 7:45 pm		
Basic Kickboxing	Fit Kids	Basic Kickboxing	Fit Kids	Basic Kickboxing		
7:00 pm - 7:45 pm		7:00 pm - 7:45 pm		7:00 pm - 7:45 pm		
Youth Development	7:15 pm - 8:00 pm	Youth Development	7:15 pm - 8:00 pm	Youth Development		
	Healthy Weigh		Healthy Weigh			