



## DECEMBER 2021 GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	6:00AM BODYATTACK DENISSE	6:00 AM BODYPUMP TAMEKA		6:00 AM BODYPUMP TRISHA	6:00 AM CYCLE TAMEKA	8:30 AM BODYPUMP (TAMEKA)
5:00 PM						
5:30PM						9:45 AM** Yoga
6:00PM	6:00 PM BODYATTACK DENISSE	5:00 PM YOGA JILL	6:00 PM BODYPUMP TRACEY	6:00 PM BODYCOMBAT JEN	5:30 PM BODYPUMP CHRIS	Jill

\*\*NOTE YOGA WILL NOW START AT 9:45 AM ON SATURDAYS!

THERE WILL NOT BE A YOGA CLASS ON SATURDAY, 12/11/21.