

# GROUP FITNESS SCHEDULE DECEMBER 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
7:00AM	Please note the changes highlighted in yellow for class changes and the limited during the holiday season			BODYJAM Kristie	BODYPUMP Bobby	
8:30AM			ZUMBA Bobby	BODYPUMP Lisa	ZUMBA Bobby (CLASS FORMAT CHANGE)	BODYPUMP Jessica CYCLING Stephanie
5:30PM			CYCLING Patrice	BODYPUMP Jessica		
6:30PM				BODYCOMBAT Ashley		
7:00PM			HIP HOP Stephanie			
	6	7	8	9	10	11
7:00AM		BODYCOMBAT Hannah		BODYJAM Kristie	BODYPUMP Bobby	
8:30AM	BODYPUMP Lisa		ZUMBA Bobby	BODYPUMP Lisa	BODYCOMBAT Lisa	BODYPUMP Jessica CYCLING Patrice
5:30PM	CYCLING Stephanie	BODYPUMP Kristie	CYCLING Patrice	BODYPUMP Jessica		
6:30PM	ZUMBA Chanel			BODYCOMBAT Ashley		
7:00PM			HIP HOP Stephanie			
	13	14	15	16	17	18
7:00AM		BODYCOMBAT Jessica		BODYJAM Kristie	BODYPUMP Bobby	
8:30AM	BODYPUMP Rachael		ZUMBA Bobby	BODYPUMP Lisa	BODYCOMBAT Lisa	BODYPUMP Jessica CYCLING Patrice
5:30PM	CYCLING Stephanie	BODYPUMP Kristie	CYCLING Patrice	BODYPUMP Jessica		
6:30PM	ZUMBA Chanel			BODYCOMBAT Ashley		
7:00PM			HIP HOP Stephanie			
	20	21	22	23	24	25
7:00AM		BODYCOMBAT Hannah		BODYJAM Kristie		
8:30AM	BODYPUMP Rachael		ZUMBA Bobby	BODYPUMP Lisa		
5:30PM	CYCLING Stephanie	BODYPUMP Kristie	CYCLING Patrice	BODYPUMP Jessica		
6:30PM	ZUMBA Chanel			BODYCOMBAT Ashley		
7:00PM			HIP HOP Stephanie			
	27	28	29	30	31	1
7:00AM		BODYCOMBAT Jessica		BODYJAM NO CLASS		
8:30AM	BODYPUMP Rachael		ZUMBA Bobby	BODYPUMP Lisa		
5:30PM	CYCLING NO CLASS	BODYPUMP NO CLASS	CYCLING NO CLASS	BODYPUMP Jessica		
6:30PM	ZUMBA NO CLASS			BODYCOMBAT NO CLASS		
7:00PM			HIP HOP NO CLASS			