

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4	5	6	7
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Christy
9:30-10:30am	BODYPUMP Rachael	CYCLING Allison	BODYPUMP Kelsie	BODYJAM Morgan	BODYPUMP Rachael	***only BODYPUMP will be offered on Saturdays in December***
10:30-11:30am		SENIOR FIT Wendy		SENIOR FIT Carol		
11:30-12:15pm						
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Lisa	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Jessica		
6:30-7:30pm	BODYCOMBAT Ashley	STRONG by Zumba Yajaira	YOGA Katie	ZUMBA Chanel		
7:30-8:30pm		HIP HOP Stephanie		HIP HOP Stephanie		
	9	10	11	12	13	14
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Jessica
9:30-10:30am	BODYPUMP Rachael	CYCLING Allison	BODYPUMP Kelsie	BODYJAM Morgan	BODYPUMP Rachael	
10:30-11:30am		SENIOR FIT Wendy		SENIOR FIT Carol		
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Lisa	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Jessica		
6:30-7:30pm	BODYCOMBAT Ashley	STRONG by Zumba Yajaira	YOGA Katie	ZUMBA Chanel		
7:30-8:30pm		HIP HOP Stephanie		HIP HOP Stephanie		
	16	17	18	19	20	21
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Christy
9:30-10:30am	BODYPUMP Rachael	CYCLING Allison	BODYPUMP Kelsie	BODYJAM Morgan	BODYPUMP Kelsie	
10:30-11:30am		SENIOR FIT Wendy		SENIOR FIT Carol		
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Jessica		
6:30-7:30pm	BODYCOMBAT Ashley	STRONG by Zumba Yajaira	YOGA Katie	ZUMBA Chanel		
7:30-8:30pm		HIP HOP Stephanie		HIP HOP Stephanie		
	23	24	25	26	27	28
<p><i>Merry Christmas &amp; Happy New Year!</i></p> <p><b>No classes December 23<sup>rd</sup>–January 1<sup>st</sup></b></p>						
	30	31	1			

**Fit for Life 24 will have an ALL NEW and exciting schedule for 2020!**

