

December 2019

*MUST be signed up online to attend class

SMARTFIT360

HWY 33

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
9:30 Brian HIIT TB	9:30 Eric BOOTCAMP	9:30 Brian HIIT LB	9:30 Eric HIIT UB	9:30 Eric <i>Feel the Burn</i>	9:30 Brian BOOTCAMP
5:30 Trey HIIT UB 6:00 Trey CORE BLAST 6:30 Trey HIIT UB	5:30 Liz BOOTCAMP 6:00 Liz CORE BLAST 6:30 Liz BOOTCAMP	5:30 Trey HIIT LB 6:00 Trey CORE BLAST 6:30 Trey HIIT LB	5:30 Liz HIIT TB 6:00 Liz CORE BLAST 6:30 Liz HIIT TB		
9	10	11	12	13	14
9:30 Brian HITT LB	9:30 Eric HITT TB	9:30 Brian HIIT UB	9:30 Eric BOOTCAMP	9:30 Eric <i>Feel the Burn</i>	9:30 Trey <i>Weekend Warrior</i>
5:30 Trey HIIT TB 6:00 Trey CORE BLAST 6:30 Trey HIIT TB	5:30 Liz HIIT LB 6:00 Liz CORE BLAST 6:30 Liz HIIT LB	5:30 Trey HIIT UB 6:00 Trey CORE BLAST 6:30 Trey HIIT UB	5:30 Liz BOOTCAMP 6:00 Liz CORE BLAST 6:30 Liz BOOTCAMP		
16	17	18	19	20	21
9:30 Brian HIIT TB	9:30 Eric HIIT UB	9:30 Brian BOOTCAMP	9:30 Eric HIIT LB	9:30 Eric <i>Feel The Burn</i>	9:30 Brian BOOTCAMP
5:30 Trey BOOTCAMP 6:00 Trey CORE BLAST 6:30 Trey BOOTCAMP	5:30 Liz HIIT UB 6:00 Liz CORE BLAST 6:30 Liz HIIT UB	5:30 Trey HIIT TB 6:00 Trey CORE BLAST 6:30 Trey HIIT TB	5:30 Liz HIIT LB 6:00 Liz CORE BLAST 6:30 Liz HIIT LB		
23	24	25	26	27	28
NO CLASSES	NO CLASSES	MERRY CHRISTMAS	NO CLASSES	NO CLASSES	NO CLASSES

<p>30</p> <p>9:30 Brian HIIT UB</p> <p>5:30 Trey BOOTCAMP</p> <p>6:00 Trey CORE BLAST</p> <p>6:30 Trey BOOTCAMP</p>	<p>31</p> <p>9:30 Eric HITT LB</p> <p>5:30 Liz HIIT LB</p> <p>6:00 Liz CORE BLAST</p> <p>6:30 Liz HIIT LB</p>				
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