

# Winter Break Schedule

## December

Monday, Dec 16

Bells & Bands 12:15-1:00pm  
Studio B

Glutes & Guts 7:00-7:45pm  
Studio B

Tuesday, Dec 17

Interval Training 12:15-1:00pm  
Studio B

Yoga Intermed. 6:00-7:00pm  
Studio A

Wednesday, Dec 18

Step 45 12:15-1:00pm  
Studio A

Cycle 45 6:00-6:45pm  
Studio B

Thursday, Dec 19

TB Sculpt 12:15-1:00pm  
Studio A

Yoga Fundamental 6:00-7:00pm  
Studio A

Friday, Dec 20

Yoga Restorative 11:00a-12:00pm  
Studio A

## January

Thursday, Jan 2

Bells & Bands 12:15pm-1:00pm  
Studio B

Glutes & Guts 5:30-6:15pm  
Studio B

Friday, Jan 3

Cycle 45 12:15-1:00pm  
Studio B

Full Body Friday 5:30-6:15pm  
Studio B

Sunday, Jan 5

Circuit Blast 5:30-6:15pm  
Studio A

Monday, Jan 6

Cardio Kickboxing 12:15-1:00pm  
Studio A

Yoga Fund. 6:00-7:00pm  
Studio A

Glutes & Guts 6:30-7:15pm  
Studio B

Tuesday, Jan 7

Yoga Restorative 11a-12:00pm  
Studio A

Pilates Power 5:30-6:15pm  
Studio A

Glutes & Guts 6:30-7:15pm  
Studio B

Wednesday, Jan 8

Bells & Bands 12:15-1:00pm  
Studio B

Interval Training 5:30-6:15pm  
Studio B

Yoga Intermed. 6:00-7:00pm  
Studio A

Thursday, Jan 9

Yoga Intermed. 11a-12:00pm  
Studio A

Yoga Restorative 5:30-6:30pm  
Studio A

Circuit Blast 6:15-7:00pm  
Studio B

Friday, Jan 10

Yoga Fund. 11a-12:00pm  
Studio A

Cycle 45 12:15-1:00pm  
Studio B

Sunday, Jan 12

Zumba 45 4:30-5:15pm  
Studio A

No Classes Dec. 21 - Jan. 1