

DECEMBER 2021

GROUP FITNESS



TL—Tyrone Lindsey
 DK—Danielle Kearney
 KC—Karen Cicalese
 KA—Kim Albuerne

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:15AM-Yoga-DK	2 8:15AM-X-FIT-TL	3 8:15AM-TRX-TL	4 9:00AM-Spin-KC 10:00AM-Yoga-KC
5	6 8:15AM-Weights-TL	7 8:15AM-X-FIT-TL 7:00PM-Yoga-KA	8 8:15AM-Yoga-KA	9 8:15AM-X-FIT-TL	10 8:15AM-TRX-TL	11 9:00AM-Spin-KC 10:00AM-Yoga-KC
12	13 8:15AM-Weights-TL	14 8:15AM-X-FIT-TL 7:00PM-Yoga-KA	15 8:15AM-Yoga-DK	16 8:15AM-X-FIT-TL	17 8:15AM-TRX-TL 4:00PM-Meditation-KC	18 9:00AM-Spin-KC 10:00AM-Yoga-KC
19	20 8:15AM-Weights-TL	21 8:15AM-X-FIT-TL 7:00PM-Yoga-KA	22 8:15AM-Yoga-DK	23 8:15AM-X-FIT-TL	24 HOLIDAY	25 HOLIDAY
26	27 8:15AM-Weights-TL	28 8:15AM-X-FIT-TL 7:00PM-Yoga-KA	29 8:15AM-Yoga-DK	30 8:15AM-X-FIT-TL	31 HOLIDAY	