



GROUP EXERCISE & SPINNING

THREE SPRINGS ROAD

DECEMBER 2018

WE WILL NOT HOLD ANY CLASSES ON 12/24 AND THE GYM WILL BE CLOSED ON 12/25. WE HOPE YOU HAVE A MERRY CHRISTMAS!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15 am		Total Tabata Joy H Spin Joy Gn	Spin Joy H	Total Tabata Joy H Spin Joy G	Spin Joy H	Total Tabata Joy H Spin Joy G	
8:20-9:20 am		Power Up Joy G	Spin Miranda D Total Tabata Chandler	Power Up Allison	Spin Allison Total Tabata Chandler	F.I.T. Tina	Spin Chandler Zumba Grace
9:30-10:30 am		Spin Tina	Yogalaties Miranda	Spin Jennifer	Stretch and Flex Heather	Spin Tina	
4:30-5:30 pm		RIPPED Regina	Stretch and Flex Chandler				
5:30-6:30 pm		Spin Regina	Spin Chandler	Zumba Grace	Spin Beth		
6:30-7:30 pm			Yoga Sara		Yoga Sara		