



## **Sunday, December 24, 2017**

**8:15am-9:00am Aqua Intensity with Debra (MP)**

**8:15am-9:15am Cycle with Sandra (CS)**

**9:00am-10:00am Yoga with Tami (2)**

**9:00am-9:45am Aqua cycle with Kristine (HP)**

**9:30am-10:45am Yoga with Katje**

**9:30am-10:30am Cycle with Sandra (CS)**

**9:30am-10:30am Kickbutt/abs Melissa (1)**

**10:15am-11:15am CIZE with Kristine (2)**

**11:00am-12:00pm Cardio Sculpt with Lisa (1)**

**11:30am-12:00pm HIIT Strength with Kristine (2)**

**12:00pm-12:30pm Abs/Glutes with Lisa (1)**



# Monday, December 25, 2017

**7:30am Yoga with Crystal (2)**

**8:30am Callanetics with Crystal (2)**

**8:30am Cardio Kick Box with Lisa (1)**

**9:15am-9:45am Core & Glutes with Lisa**

**9:30am Yoga with Michele (2)**

**9:30am Cycle with Sandra (CS)**

**9:50am-10:35am Define & Sculpt with Lisa (1)**

**10:30am Pilates with Crystal (2)**