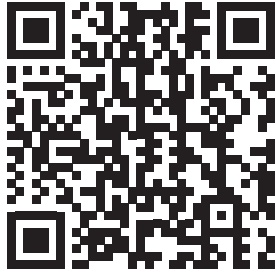


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FITNESS PROGRAM DECEMBER 2024

TOWER BARRACKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10am - Zumba (Mari)	2 9am - Zumba (Anna) 5pm - All-Levels Yoga (Chrissy) 6:15pm - Zumba (Jenny)	3 9am - Zumba (Quintessa) 6pm - Spin (Meghan)	4 9am - Zumba STRONG (Anna) 10am - MixxedFit (Somon) 6:15pm - Zumba (Jenny)	5 9:00am - Yoga (Breanna) 10:00 - Zumba (Mari) 6:30pm - Power Yoga (Paul)	6	7 9:15am - Zumba (Anna) 11:30am - Mat Pilates (Katherine)
8 10am - Zumba (Mari)	9 9am - Zumba (Anna) 5pm - All-Levels Yoga (Chrissy) 6:15pm - Zumba (Jenny)	10 9am - Zumba (Quintessa) 6pm - Spin (Meghan)	11 9am - Zumba STRONG (Anna) 10am - MixxedFit (Somon) 6:15pm - Zumba (Jenny)	12 9:00am - Yoga (Breanna) 10:00 - Zumba (Mari) 6:30pm - Power Yoga (Paul)	13 9:00am - Zumba Quintessa	14 9:15am - Zumba STRONG (Anna)
15 10am - Zumba (Mari)	16 9am - Zumba (Anna) 5pm - All-Levels Yoga (Chrissy) 6:15pm - Zumba (Jenny)	17 9am - Zumba (Quintessa) 6:00pm - Spin (Meghan)	18 9am - Zumba STRONG (Anna) 10am - MixxedFit (Somon) 6:15pm - Zumba (Jenny)	19 10:00 - Zumba (Mari) 6:30pm - Power Yoga (Paul)	20	21
22	23	24	25 CHRISTMAS DAY	26	27 TRAINING DAY	28
29	30 TRAINING DAY	31				

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