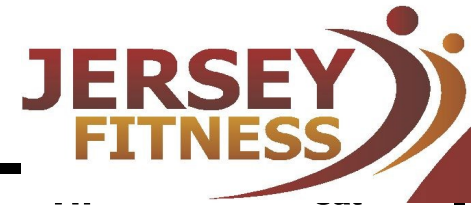




December 2017

Group Exercise Schedule




Mon

Tue

Wed

Thu

| | | | | | |
|---|--|--|---|--|---|
| <p>Buti yoga is a dynamic asana practice fused with primal movement, tribal dance and deep core engagement.</p> <p>Questions/Comments/Concerns: Chrissyboza@yahoo.com</p> | | <p>*Schedule and Instructors subject to change*</p> | | <p>1 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Betsy</p> | <p>2 9:00AM Cardio Sculpt Briana 10:15AM Yoga</p> |
| <p>3 10:00AM Buti Yoga Amanda</p> | <p>4 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Alaina 6:30PM Kardio Karate Chrissy</p> | <p>5 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga</p> | <p>6 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Chrissy</p> | <p>7 9:15AM ZUMBA Betsy 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt Tara 6:45PM Yoga</p> | <p>8 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Betsy</p> |
| <p>10 10:00AM Buti Yoga Amanda</p> | <p>11 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Chrissy</p> | <p>12 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga</p> | <p>13 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Briana</p> | <p>14 9:15AM ZUMBA Betsy 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt Tara 6:45PM Yoga</p> | <p>15 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Betsy</p> |
| <p>17 10:00AM Buti Yoga Amanda</p> | <p>18 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Alaina 6:30PM Kardio Karate Chrissy</p> | <p>19 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga</p> | <p>20 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Chrissy</p> | <p>21 9:15AM ZUMBA Betsy 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt Tara 6:45PM Yoga</p> | <p>22 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Betsy</p> |
| <p>24 10:00AM Buti Yoga Amanda 31 10:00AM Buti Yoga Amanda 11:00AM Zumba Betsy</p> | <p>25 </p> | <p>26 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga</p> | <p>27 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Briana</p> | <p>28 9:15AM ZUMBA Betsy 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt Tara 6:45PM Yoga</p> | <p>29 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Betsy</p> |
| | | | | <p>30 9:00AM HIIT Chrissy 10:15AM Yoga</p> | |