



DECEMBER GX SCHEDULE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



5:15 AM	No Classes 12/24-12/26 & 12/31 <i>Merry Christmas</i>						
8:30 AM				BODY PUMP Katie		HIGH FITNESS Brianna	HIGH FITNESS Mina
9:30 AM		BODY PUMP Katie	Les Mills CORE Melissa L	HIGH FITNESS Melleny	Les Mills CORE Nikki	BODY PUMP <i>Express 45 min</i> Jill	
10:30 AM		HIGH FITNESS Brianna		HIGH YO (New!) Brianna			
5:15 PM		LES MILLS CORE <i>(30 min GX Room)</i> Nikki			LES MILLS CORE <i>(30 min GX Room)</i> Sharon		
5:45 PM			HIGH FITNESS Rotating Instructor	BODY PUMP Melissa L	HIGH FITNESS Melleny		
6:00 PM		BODY PUMP Christy					