



# DECEMBER STUDIO SCHEDULE

Please call 806-687-6080 or come by the front desk to make a reservation for Elevate, Jump and Ignite 60 classes.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	<b>No Classes</b> 12/24-12/26 & 12/31 <i>Merry Christmas</i>	 * ELEVATE Janelle <b>BARRE</b> Nikki (GX Room)	* ELEVATE Sandi		* ELEVATE Emily		<b>Classes with a *</b> <b>Require Reservation</b>
8:30 AM			* ELEVATE Janelle <b>BARRE</b> Nikki (GX Room)	* ELEVATE Janelle	<b>YOGA</b> Angie	* ELEVATE Mary	<b>SLOW FLOW YOGA</b> Rhea
9:00 AM			* JUMP Katie (GX Room)		* JUMP Katie (GX Room)		
9:30 AM		<b>IGNITE (45 min)</b> Elizabeth (Turf) <b>YOGA (NEW)</b> Rhea		<b>IGNITE (45 min)</b> Elizabeth (Turf) * ELEVATE Brianna		* <b>IGNITE (55 min)</b> Mary/Elizabeth (Turf)	* <b>IGNITE (55 min)</b> Mary (Turf) <b>SURGE Fitness</b> Ally (GX Room)
10:00 AM			<b>BARRE</b> Brianna (GX Room)		<b>BARRE</b> Nikki (GX Room)		
10:30 AM							<b>YOGA/PILATES</b> Sandi
2:00 PM							
5:00 PM				<b>SURGE Fitness</b> Ally (GX Room)			
5:45 PM			* <b>IGNITE (45 min)</b> Kaylee/Mary (Turf)				
6:00 PM		<b>VINYASA FLOW</b> Rachel					