



ART OF FITNESS

HOLIDAY CLASS SCHEDULE

EFFECTIVE: 12-13-17 to 1/13/18

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				14th 7am - Spin 8am - Yoga 9am - Spin Pump 9am - Barre/ Pilates 10:30 - Yoga 7pm - Holiday Party	15th 7am - Spin 8am - Brazilian Booty 8:30 - Spin 9am - Body Sculpt 10am - Barre 11:30am - Yoga	16th 8:30am - Spin 9:30am - Bootcamp 10:30am -Yoga
17th 8:30am - Spin	18th 7am - Spin 8am - Jinga 8:30am -Spin 9am - Body Sculpt 10am - Barre 11:30am - Yoga 6pm - Bootcamp	19th 7am - Spin 8am - Yoga 9am - Spin Pump 9am - Pilates 10:30am - Yoga 6pm - Spin	20th 7am - Spin 8:30am -Spin 9am - Booty Abs 11:30am - Yoga 6pm- Bootcamp	21th 7am - Spin 8am - Yoga 9am - Spin Pump 9am - Barre/ Pilates 10:30 - Yoga 6pm - Spin	22nd 7am - Spin 8am - Brazilian Booty 8:30 - Spin 9am - Body Sculpt 10am - Barre/ Pilates 11:30am - Yoga	23rd 8:30am -Spin 10:30am- Yoga
24th NO CLASS CLOSE AT 12PM	25th CLOSED	26th OPEN -8AM 9am - Spin Pump 10:30am - Yoga 6pm - Spin	27th 7am - Spin 9am - Booty Abs	28th 7am- Spin 8am - Yoga 9am - Spin Pump 10:30 - Yoga	29th 7am - Spin 9am - Body Sculpt	30th 8:30am -Spin 10:30am-Yoga
31st NO CLASS CLOSE AT 12PM	1st CLOSED	2nd OPEN -8AM 9am - Spin Pump 9am - Pilates 10:30am - Yoga 6pm - Spin	3rd 7am - Spin 8:30am -Spin 9am - Booty Abs 11:30am - Yoga 6pm - Bootcamp	4th 7am - Spin 8am - Yoga 9am - Spin Pump 9am - Barre/ Pilates 10:30 - Yoga 6pm - Spin	5th 7am - Spin 8am - Brazilian Booty 8:30 - Spin 9am - Body Sculpt 11:30am - Yoga	6th 8:30am -Spin 9:30am - Bootcamp 10:30am-Yoga
7th 8:30am- Spin	8th 7am - Spin 8am - Jinga 8:30am -Spin 9am - Body Sculpt 10am - Barre 11:30am - Yoga 5pm - Power Yoga 6pm - Bootcamp	9th 7am - Spin 8am - Yoga 9am - Spin Pump 9am - Pilates 10:30am - Yoga	10th 7am - Spin 8:30am -Spin 9am - Booty Abs 10am - Bootcamp 11:30am - Yoga 5pm - Power Yoga 6pm- Bootcamp	11th 7am - Spin 8am - Yoga 9am - Spin Pump 9am - Pilates/ Barre 10:30 - Yoga 6pm - Spin	12th 7am - Spin 8am - Brazilian Booty 8:30 - Spin 9am - Body Sculpt 10am - Barre 11:30am - Yoga	13th 8:30am -Spin 9:30am - Bootcamp 10:30am -Yoga