



ART OF FITNESS

HOLIDAY CLASS SCHEDULE

EFFECTIVE: 12-24-18 to 1/05/19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	12/24 11:30am –Gentle Yoga Close at 1pm	12/25 Closed	12/26 Open at 7am 9am – Booty/Ab Sculpt 11:30 – Gentle Yoga	12/27 8am – Yoga 9am – Spin/ Pump 9am – Pilates/ Barre 10:30 – Gentle Yoga 6pm - Spin	12/28 7am – Spin 8am – Booty/Spin 9am – Body Sculpt 10am – Barre 11:30am – Yoga	12/29 8:30am –Spin 9:15am- Bootcamp 10:30am -Yoga
12/30 No Classes	12/31 No Classes Close at 12pm	JANUARY 1 st Closed	1/2 Open at 7am 7am – Spin 9am – Booty/Ab Sculpt 11:30 – Gentle Yoga	1/3 8am – Yoga 9am – Spin Pump 9am – Barre/ Pilates 10:30 – Gentle Yoga 6pm - Spin	1/4 7am – Spin 8am –Booty/Spin 9am – Body Sculpt 10am – Barre 11:30am – Yoga	1/5 8:30am –Spin 9:15am- Bootcamp 10:30am -Yoga