

S	M	T	W	T	F	S
26 YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am	27 SPINNING w/Fionuala 6am BOOT CAMP w/Chris 9:30am BOOT CAMP w/Chris 6pm YOGA w/Stephanie 7pm	28 TRX w/Chris 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Bruno 7pm	29 SPINNING w/Fionuala 6am MUAY THAI BOXING w/Bruno 9:30am Hiit w/Bruno 6pm YOGA w/Joanne 7pm	30 Hiit w/Chris 5:30am YOGA w/Laura 9:30am MUAY THAI BOXING w/Bruno 6pm EXTREME WORKOUT 4MEN w/Bruno 7pm	1 SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am RESTORATIVE YOGA w/David 6pm	2 PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am
3 YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am	4 SPINNING w/Fionuala 6am BOOT CAMP w/Chris 9:30am BOOT CAMP w/Chris 6pm YOGA w/Stephanie 7pm	5 TRX w/Chris 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Bruno 7pm	6 SPINNING w/Fionuala 6am MUAY THAI BOXING w/Bruno 9:30am Hiit w/Bruno 6pm YOGA w/Joanne 7pm	7 Hiit w/Chris 5:30am YOGA w/Laura 9:30am MUAY THAI BOXING w/Bruno 6pm EXTREME WORKOUT 4MEN w/Bruno 7pm	8 SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am RESTORATIVE YOGA w/David 6pm	9 PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am
10 YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am	11 SPINNING w/Fionuala 6am BOOT CAMP w/Chris 9:30am BOOT CAMP w/Chris 6pm YOGA w/Stephanie 7pm	12 TRX w/Chris 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Bruno 7pm	13 SPINNING w/Fionuala 6am MUAY THAI BOXING w/Bruno 9:30am Hiit w/Bruno 6pm YOGA w/Joanne 7pm	14 Hiit w/Chris 5:30am YOGA w/Laura 9:30am MUAY THAI BOXING w/Bruno 6pm EXTREME WORKOUT 4MEN w/Bruno 7pm	15 SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am RESTORATIVE YOGA w/David 6pm	16 PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am
17 YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am	18 SPINNING w/Fionuala 6am BOOT CAMP w/Chris 9:30am BOOT CAMP w/Chris 6pm YOGA w/Stephanie 7pm	19 TRX w/Chris 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Bruno 7pm	20 SPINNING w/Fionuala 6am MUAY THAI BOXING w/Bruno 9:30am Hiit w/Bruno 6pm YOGA w/Joanne 7pm	21 Hiit w/Chris 5:30am YOGA w/Laura 9:30am MUAY THAI BOXING w/Bruno 6pm EXTREME WORKOUT 4MEN w/Bruno 7pm	22 SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am RESTORATIVE YOGA w/David 6pm	23 PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am
24 YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am CLOSING AT 3PM	25 CHRISTMAS DAY CLOSED	26 TRX w/Chris 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Bruno 7pm	27 SPINNING w/Fionuala 6am MUAY THAI BOXING w/Bruno 9:30am Hiit w/Bruno 6pm YOGA w/Joanne 7pm	28 Hiit w/Chris 5:30am YOGA w/Laura 9:30am MUAY THAI BOXING w/Bruno 6pm EXTREME WORKOUT 4MEN w/Bruno 7pm	29 SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am RESTORATIVE YOGA w/David 6pm	30 PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am
31 YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am CLOSING AT 3PM	1 NEW YEARS DAY CLOSED	2 TRX w/Chris 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Bruno 7pm	3 SPINNING w/Fionuala 6am MUAY THAI BOXING w/Bruno 9:30am Hiit w/Bruno 6pm YOGA w/Joanne 7pm	4 Hiit w/Chris 5:30am YOGA w/Laura 9:30am MUAY THAI BOXING w/Bruno 6pm EXTREME WORKOUT 4MEN w/Bruno 7pm	5 SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am RESTORATIVE YOGA w/David 6pm	6 PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am