

XF AEROBICS DECEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																		
					1 9:00 AM Zumba E 10:00 AM Pound	2 9:00 AM Ab Class 9:30 AM Zumba Tone I 9:30 AM Beginner Spin J 10:30 AM Yoga																																																																																		
3	4 9:00 AM BodyBuilder 10:10 AM Ab Class 10:40 AM Yoga 5:00 PM Yoga 5:45 PM Spin PL 6:30 PM Ab Class 7:00 PM Pound	5 10:00 AM Zumba I 5:30 PM Leg Blaster 7:00 PM HOT! Yoga	6 9:00 AM Ab Lab 10:00 AM Yoga Barre 11:00 AM Beginner Spin J 5:00 PM Yoga 5:45 PM Spin PL 7:00 PM Zumba I	7 9:00 AM Bodybuilder 10:00 AM Yoga Core 5:00 Yoga Barre 5:30 PM Yoga 6:00 PM Buns and Guns 7:00 PM Zumba Tone I	8 9:00 AM Zumba E 10:00 AM Pound	9 9:00 AM Ab Class 9:30 AM Zumba Tone I 9:30 AM Beginner Spin J 10:30 AM Yoga																																																																																		
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31 New Year's Eve	1 NO CLASSES	November 2017		January 2018		Notes: I - Izzy E - Erin PL - PL J - Jennifer																																																																																		
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