






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		Gym Schedule (unless otherwise noted) Mon-Thurs: 6am-8pm Friday: 6am-6pm Saturday: 8am-1pm Sunday: CLOSED *Add'l charge for X-Core			8:00am PiYo-Meredith T 9:30am X-Core Cross Training*	T 8:30am X-Core Boot Camp** 9:00am R.I.P.P.E.D.-Jill 10:15am Fight Club - Andie
GYM-WIDE Workout - Saturday, Dec. 9th Bring a toy or gently used coat please!						
3	4	5	6	7	8	9
Join Jill & Kara for a HIIT/ RIPPED combo workout Saturday, Dec. 9th! Please bring an item for the Holiday Drive!	8:00am Body Chisel-Chad	T 6:00am X-Core Cross Training*	NO PIYO TODAY!	T 6:00am X-Core Cross Training*	NO PIYO TODAY!	GYM-WIDE 9:00am TOY/COAT DRIVE 10:15am Fight Club - Andie
	9:30am Club Vibe-Jill	9:00am R.I.P.P.E.D.-Jill	T 9:30am X-Core Cross Training*	9:00am R.I.P.P.E.D.-Jill	JOIN X-CORE with Kara!!	
	T 9:30am X-Core Cross Training*	T 6:30pm X-Core Cross Training*	6:30pm HIIT Boxing - Andie	NO TURBOKICK TONIGHT!	T 9:30am X-Core Cross Training*	
	5:30pm Muscle Mania-Mizelle	7:00pm Studio Barre Mix - Lisa		T 6:30pm X-Core Cross Training*		
	T 6:30pm X-Core Cross Training*			6:30pm Deep Stretch-Marie-Anne		
	7:00pm Yoga-Marie-Anne					
10	11	12	13	14	15	16
	8:00am Body Chisel-Chad	T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith	T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith	T 8:30am X-Core Boot Camp**
	9:30am Club Vibe-Jill	9:00am R.I.P.P.E.D.-Jill	T 9:30am X-Core Cross Training*	9:00am R.I.P.P.E.D.-Jill	T 9:30am X-Core Cross Training*	9:00am R.I.P.P.E.D.-Jill
	T 9:30am X-Core Cross Training**	T 6:30pm X-Core Cross Training*	6:30pm HIIT Boxing - Andie	5:30pm PiYo/TurboKick-Meredith	T 6:30pm X-Core Cross Training*	10:15am Fight Club - Andie
	5:30pm Muscle Mania-Mizelle	7:00pm Studio Barre Mix - Lisa		T 6:30pm X-Core Cross Training*		
	T 6:30pm X-Core Cross Training*			6:30pm Deep Stretch-Marie-Anne		
	7:00pm Yoga-Marie-Anne					
17	18	19	20	21	22	23
8:00am Body Chisel-Chad	T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith	T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith		
9:30am Club Vibe-Jill	9:00am R.I.P.P.E.D.-Jill	T 9:30am X-Core Cross Training*	9:00am R.I.P.P.E.D.-Jill	T 9:30am X-Core Cross Training*		
T 9:30am X-Core Cross Training**	T 6:30pm X-Core Cross Training*	6:30pm HIIT Boxing - Andie	5:30pm PiYo/TurboKick-Meredith			
5:30pm Muscle Mania-Mizelle		7:15pm Studio Barre Mix - Lisa	T 6:30pm X-Core Cross Training*			
T 6:30pm X-Core Cross Training*			6:30pm Deep Stretch-Marie-Anne			
7:00pm Yoga-Marie-Anne						
24	25	26	27	28	29	30
GYM CLOSED		T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith	T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith	T 8:30am X-Core Boot Camp**
		NO RIPPED TODAY!	T 9:30am X-Core Cross Training*	9:00am TurboKick-Meredith	T 9:30am X-Core Cross Training*	NO RIPPED TODAY!
		T 6:30pm X-Core Cross Training*	6:30pm HIIT Boxing - Andie	5:30pm PiYo/TurboKick-Meredith		10:15am Fight Club - Andie
		7:00pm Studio Barre Mix - Lisa		T 6:30pm X-Core Cross Training*		
				6:30pm Deep Stretch-Marie-Anne		
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