

December

Mon	Tue	Wed	Thur	Fri	Sat
27 Cardio & Abs Weekly Weight Watch Yoga: 5:40 PM & 6:40 PM	28 Legs & Cardio	29 Upper Body Pull	30 Upper Body Push	1 Upper Body Blaster	2 Bootcamp
4 Power & Core Weekly Weight Watch Yoga: 5:40 PM & 6:40 PM	5 Upper Body Blaster	6 Legs & Core	7 Arms & Abs	8 Chest, Back & Shoulders	9 Bootcamp
11 Leg Strength Weekly Weight Watch Yoga: 5:40 PM & 6:40 PM	12 Upper Body Push Strength	13 Upper Body Pull Strength	14 Abs & Intervals	15 Bodyweight Legs	16 Bootcamp
18 Total Body Strength Weekly Weight Watch Yoga: 5:40 PM & 6:40 PM	19 Core, Plyo's & Speed	20 Total Body Pull	21 Total Body Push	22 Agility & Abs	23 Christmas Holiday Bootcamp 9 am & 11 am
25 MERRY CHRISTMAS! CLOSED Weekly Weight Watch Yoga: 5:40 PM & 6:40 PM	26 Total Body Endurance	27 Cardio & Abs	28 Lower Body Strength	29 Upper Body Strength	30 Bootcamp