



## DECEMBER 2016 FITNESS SCHEDULE

M	T	W	T	F	S	S
<b>Pilates Allegro</b> 60 minutes Valerie 9:00 am	<b>Yoga</b> 60 minutes Alexandra 7:30 am	<b>Indoor Cycling</b> 60 minutes Melody 8:30am	<b>Yoga</b> 60 minutes Alexandra 7:30 am	<b>Yoga</b> 60 minutes Laura 7:30 am	<b>Yoga</b> 60 minutes Marleen 9:00 am	<b>Indoor Cycling</b> 45 minutes Shebah 9:15 AM
<b>Sculpt</b> 60 minutes Claudia 9:00 am	<b>Indoor Cycling</b> 60 minutes Shebah 9:00 am	<b>Yoga</b> 60 minutes Alexandra 9:00 am	<b>Pilates Allegro</b> 60 minutes Ann Marie 8:45 am	<b>Sculpting</b> 60 minutes Nate 8:30 am	<b>Indoor cycling</b> 60 minutes Alejandro 9:30 am	<b>Sculpt</b> 60 minutes Nancy 10:15 am
<b>ABS</b> 30 minutes Claudia 10:00am	<b>Dance it Off!</b> 60 minutes Osvaldo 10:00 am	<b>Pilates Allegro</b> 60 minutes Linda 10:00 am	<b>Indoor Cycling &amp; Sculpt</b> 90 minutes Robert 9:00 am	<b>Yoga</b> 60 minutes Marleen 10:00 am	<b>Pilates Allegro</b> 60 minutes Valerie ◀ 10:15am	<b>Pilates Allegro</b> 60 minutes Valerie ◀ 10:15am
<b>Iyengar Yoga</b> 60 minutes Marleen 10:00am	<b>Pilates Allegro</b> 60 minutes Valerie ◀ 10:00 am	<b>Boot Camp</b> 45 minutes Shebah 10:00 am	<b>Pilates Allegro</b> 60 minutes Valerie ◀ 10:00 am	<b>Barre</b> 60 minutes Linda 9:30 am	<b>Circuit Training</b> 90 minutes Nate 10:30am	<b>Yoga Fusion</b> 90 minutes Laurie 12:00 pm
<b>Indoor Cycling</b> 60 minutes Robert 11:00 am	<b>Abs of Steel</b> 30 minutes Shebah 10:30 am	<b>Water Workout</b> 60 minutes Alexandra 10:15 am	<b>Sculpt</b> 60 minutes Claudia 10:30 am	<b>Pilates Allegro</b> 60 minutes Linda 10:45 am		
<b>Indoor Cycling</b> 60 minutes Shebah 5:30 pm	<b>Sculpting</b> 45 minutes Shebah 11:00 am	<b>Indoor cycling</b> 60 minutes Robert 5:30pm	<b>TOC Ballroom Dance</b> 60 minutes 5:00 pm	<b>Water Workout</b> 60 minutes Alexandra 11:00 am		
<b>TOC Ballroom Dance</b> 60 minutes 5:00 pm	<b>Indoor Cycling</b> 60 minutes Robert 6:15 pm	<b>Yoga &amp; Meditation</b> 60 minutes Laurie 7:00 pm	<b>Indoor Cycling</b> 60 minutes Shebah 5:30 pm	<b>Total Body Blitz</b> 60 minutes Claudia 4:00 pm		
<b>Yoga Fusion</b> 60 minutes Laurie 7:00 pm						