



# December 2016

## Monthly Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																					
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;">Nov 2016</p> <table style="width: 100%; border-collapse: collapse; font-size: small;"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </tbody> </table> </div> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;">Jan 2017</p> <table style="width: 100%; border-collapse: collapse; font-size: small;"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </tbody> </table> </div> </div>				S	M	T	W	T	F	S		1	2	3	4	5		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<p style="font-size: 2em; color: red; margin: 0;"><b>1</b></p> <p style="font-size: small;">6:15 AM Cycle (30)</p> <p style="font-size: small;">7:00 AM TRX Intervals (60)</p> <p style="font-size: small;">10:00 AM Simply Salutations (60)</p> <p style="font-size: small;"><b>5:15 PM Cycle (45)</b></p> <p style="font-size: small;">6:00 PM Knock Out (45)</p> <p style="font-size: small;">7:15 PM POUND (60)</p>	<p style="font-size: 2em; color: red; margin: 0;"><b>2</b></p> <p style="font-size: small;">6:15 AM Cycle (30)</p> <p style="font-size: small;">4:45 PM Cycle (45)</p> <p style="font-size: small;">5:45 PM Frantic Friday Fun (60)</p>	<p style="font-size: 2em; color: red; margin: 0;"><b>3</b></p> <p style="font-size: small;">8:15 AM Cycle (45)</p> <p style="font-size: small;">9:15 AM Zumba Toning (60)</p>
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<p style="font-size: 2em; color: red; margin: 0;"><b>25</b></p> <div style="text-align: center;">  <p style="font-size: small; margin: 0;"><b>CLOSED Merry Christmas!</b></p> </div>	<p style="font-size: 2em; color: red; margin: 0;"><b>26</b></p> <p style="font-size: small;">6:15 AM Cycle (30)</p> <p style="font-size: small;">5:15 PM Cycle (45)</p> <p style="font-size: small;">6:00 PM TRX/Strength Circuit (60)</p> <p style="font-size: small;">7:00 PM Zumba (60)</p>	<p style="font-size: 2em; color: red; margin: 0;"><b>27</b></p> <p style="font-size: small;">6:15 AM Cycle (30)</p> <p style="font-size: small;">7:00 AM Bootcamp (60)</p> <p style="font-size: small;">10:00 AM Ananda Yoga (60)</p> <p style="font-size: small;">5:15 PM Cycle (60)</p>	<p style="font-size: 2em; color: red; margin: 0;"><b>28</b></p> <p style="font-size: small;">6:15 AM Cycle (30)</p> <p style="font-size: small;">7:00 AM Yoga Fusion (60)</p> <p style="font-size: small;">5:15 PM Cycle (45)</p> <p style="font-size: small;">6:00 PM Rise Up (60)</p> <p style="font-size: small;">7:05 PM Ananda Yoga (60)</p>	<p style="font-size: 2em; color: red; margin: 0;"><b>29</b></p> <p style="font-size: small;">6:15 AM Cycle (30)</p> <p style="font-size: small;">7:00 AM TRX Intervals (60)</p> <p style="font-size: small;">10:00 AM Simply Salutations (60)</p> <p style="font-size: small;"><b>5:15 PM Cycle (45)</b></p> <p style="font-size: small;">6:00 PM Knock Out (45)</p> <p style="font-size: small;">7:15 PM POUND (60)</p>	<p style="font-size: 2em; color: red; margin: 0;"><b>30</b></p> <p style="font-size: small;">6:15 AM Cycle (30)</p> <p style="font-size: small;">3:30 PM Yin Yoga (60)</p> <p style="font-size: small;">4:45 PM Cycle (45)</p> <p style="font-size: small;">5:45 PM Frantic Friday Fun (60)</p>	<p style="font-size: 2em; color: red; margin: 0;"><b>31</b></p> <p style="font-size: small;">8:15 AM Cycle (45)</p> <p style="font-size: small;">9:15 AM C.U.T (60)</p>																																																																																					