Kid Room Hours
Monday - Friday
8:15A - 10:15A
Monday - Thursday
4:30P - 6:30P

December 2011

Find us at
ABS & GLUTES Fitness Junkies
and "LIKE" us

		Tuesday	Wednesday	Thursday	Friday	Saturday
		STAY TUNED!! NEW CLASS IN JANUARY!!!		1 8:30 *Sit-N-Spin 9:30 Yoga 11:30 MSROM (SS) 4:30 Hi/Low 5:15 *Sit-N-Spin	2 8:30 3-2-1	3 8:00 *Sit-N-Spin
4	5 8:30 Step-N-ABS 10:30 YogaStretch (SS) 5:00 KBC	6 8:30 *Sit-N-Spin 9:30 Pilates 11:30 MSROM (SS) 4:15 *Sit-N-Spin 5:15 Power Pump	7 8:30 Power Pump 5:00-5:45 3-2-1	8 8:30 *Sit-N-Spin 9:30 Yoga 11:30 MSROM (SS) 4:30 Hi/Low 5:15 *Sit-N-Spin	9 8:30 3-2-1	10 8:00 *Sit-N-Spin
11	12 8:30 Step-N-ABS 10:30 YogaStretch (SS) 5:00 KBC	13 8:30 *Sit-N-Spin 9:30 Pilates 11:30 MSROM (SS) 4:15 *Sit-N-Spin 5:15 Power Pump	14 8:30 Power Pump 5:00-5:45 3-2-1	15 8:30 *Sit-N-Spin 9:30 Yoga 11:30 MSROM (SS) 4:30 Hi/Low 5:15 *Sit-N-Spin	16 8:30 3-2-1	17 8:00 *Sit-N-Spin
18	19 8:30 Step-N-ABS 10:30 YogaStretch (SS) 5:00 KBC	20 8:30 *Sit-N-Spin 9:30 Pilates 11:30 MSROM (SS) 4:15 *Sit-N-Spin 5:15 Power Pump	21 8:30 Power Pump 5:00-5:45 3-2-1	22 8:30 *Sit-N-Spin 9:30 Yoga 11:30 MSROM (SS) 4:30 Hi/Low 5:15 *Sit-N-Spin	23 NO CLASS	24 NO CLASS
25 Merry Christmas!!	26 NO CLASSES!!!	27 8:30 *Sit-N-Spin 9:30 Pilates 11:30 MSROM (SS) 4:15 *Sit-N-Spin 5:15 Power Pump	28 8:30 Power Pump 5:00-5:45 3-2-1	29 8:30 *Sit-N-Spin 9:30 Yoga 11:30 MSROM (SS) 4:30 Hi/Low 5:15 *Sit-N-Spin	30 8:30 3-2-1	31 TBD??