

November 28th, 2016—January 1st, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		9:00am-10:00am Spartan Training			9:00-9:30am  With Lindsey	9:00-10:00am  With Kory	
					9:30-10:00am Booty Barre With Lindsey		
12:00-12:30pm  With Lindsey	12:00-12:30pm Tabata With Kory	12:00-12:30pm  With Lindsey	12:00-12:30pm Tabata With Kory	12:00-12:30pm Ratchet  With Lindsey	<p style="text-align: center;"><i>Please be advised of the following cancellations:</i></p> <ul style="list-style-type: none"> • December 5th • December 15th • December 24th • December 25th • December 26th • December 31st • January 1st • January 2nd 		
12:35-1:05pm Booty Barre With Lindsey	12:35-1:05pm  With Lindsey	12:35-1:05pm Booty Barre With Lindsey	12:35-1:05pm  With Lindsey	12:35-1:05pm Fitness Friday w/ Fitness Staff			
6:30-7:30pm  With Corbett	6:30-7:00pm  With Kory	6:30-7:30pm  With Corbett	6:30-7:00pm  With Kory				
	7:05-7:35pm H.I.I.T. With Thomas		7:05-7:35pm H.I.I.T. With Thomas				