

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ORANGE: Small Group Training *Additional Fee</p> <p>WRW: Weight Room Workout (Strength Series)</p> <p>BLUE: Event</p>		<p><i>Please register for classes and small group training ahead of time via the frontdesk, our website or using the free Mindbody App</i></p>		<p>O: Outdoors (Garage Area) (35 degrees +)</p> <p>V: Virtual Option Available</p>	<p>1</p> <p>5:45 Fitcamp 9:30 Total Conditioning(V)</p>	<p>2</p> <p>7:30 Spin (V) 8:30 Barre</p>
3	<p>4</p> <p>5:45 Fitcamp 7:00 WRW* 9:30 HIIT(30 m) (V) 10:30 Pilates Apparatus* 11:30 Pilates Apparatus* 12:30 Pilates Apparatus*</p> <p>4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)</p>	<p>5</p> <p>7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*</p> <p>5:30 Barre Fusion (V) 6:30 Nutrition Program</p>	<p>6</p> <p>5:45 Fitcamp 9:30 Circuit Training (V)</p> <p>5:30 Spin (O)</p>	<p>7</p> <p>5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:45 WRW* 6:00 TRX (30m) 6:30 Stretch & Relax (30m)</p>	<p>8</p> <p>5:45 Fitcamp 9:30 Total Conditioning(V) 1:30 Pilates Apparatus*</p> <p><i>Free Photos with Santa to benefit Wellstrong 1pm-3pm</i></p>	<p>9</p> <p>7:30 Spin (V) 8:30 Barre</p>
10	<p>11</p> <p>5:45 Fitcamp 7:00 WRW* 9:30 HIIT(30 m) (V) 10:30 Pilates Apparatus* 11:30 Pilates Apparatus* 12:30 Pilates Apparatus*</p> <p>4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)</p>	<p>12</p> <p>7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*</p> <p>5:30 Barre Fusion (V) 6:30 Nutrition Program</p>	<p>13</p> <p>5:45 Fitcamp 9:30 Circuit Training (V)</p> <p>5:30 Spin (O)</p>	<p>14</p> <p>5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:45 WRW* 6:00 TRX (30m) 6:30 Stretch & Relax (30m)</p>	<p>15</p> <p>5:45 Fitcamp 9:30 Total Conditioning(V) 1:30 Pilates Apparatus*</p>	<p>16</p> <p>7:30 Spin (V) 8:30 Barre</p>
17	<p>18</p> <p>5:45 Fitcamp 7:00 WRW* 9:30 HIIT(30 m) (V) 10:30 Pilates Apparatus* 11:30 Pilates Apparatus* 12:30 Pilates Apparatus*</p> <p>4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)</p>	<p>19</p> <p>7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*</p> <p>5:30 Barre Fusion (V)</p>	<p>20</p> <p>5:45 Fitcamp 9:30 Circuit Training (V)</p> <p>5:30 Spin (O) 6:30 Nutrition Program</p>	<p>21</p> <p>5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:45 WRW* cx'd 6:00 TRX (30m) cx'd 6:30 Stretch & Relax (30m) cx'd</p> <p><i>Candy Cane Olympics</i></p>	<p>22</p> <p>5:45 Fitcamp 9:30 Total Conditioning(V) 1:30 Pilates Apparatus*</p>	<p>23</p> <p>7:30 Spin (V) 8:30 Barre</p>
24	<p>25</p> <p>Studio Closed.</p> <p>All Classes canceled</p>	<p>26</p> <p>Studio Closed.</p> <p>All Classes canceled</p>	<p>27</p> <p>5:45 Fitcamp 9:30 Circuit Training (V)</p> <p>5:30 Spin (O)</p>	<p>28</p> <p>5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt (O) 4:45 WRW* 6:00 TRX (30m) 6:30 Stretch & Relax (30m)</p>	<p>29</p> <p>5:45 Fitcamp 9:30 Total Conditioning(V) 1:30 Pilates Apparatus*</p>	<p>30</p> <p>7:30 Spin (V) 8:30 Barre</p>
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