

# DECEMBER - 2018 -- BAY

| Monday                     |            | Tuesday                   |           | Wednesday         |            | Thursday                   |            | Friday           |          | Saturday | Sunday |
|----------------------------|------------|---------------------------|-----------|-------------------|------------|----------------------------|------------|------------------|----------|----------|--------|
| Tread N Shred-<br>12:05 PM |            | ABSolution 45<br>06:00 AM |           | YOGA<br>12:10 PM  |            | MetX & Core<br>06:00 AM    |            | LIFT<br>12:10 PM |          |          |        |
| 03                         | Russell* P | 04                        | (Jenna) N | 05                | Gita G     | 06                         | (Jenna) N  | 07               | Noel F   |          |        |
| 10                         | Russell* P | 11                        | (Jenna) N | 12                | Gita G     | 13                         | (Jenna) N  | 14               | Noel F   |          |        |
| 17                         | Russell* P | 18                        | (Jenna) N | 19                | Honorata K | 20                         | (Jenna) N  | 21               | Noel F   |          |        |
| 24                         | NO CLASS   | 25                        | NO CLASS  | 26                | NO CLASS   | 27                         | NO CLASS   | 28               | NO CLASS |          |        |
| 31                         | NO CLASS   | CYCLE<br>12:05 PM         |           | CYCLE<br>12:10 PM |            | Tread N Shred-<br>12:05 PM |            |                  |          |          |        |
| Rush<br>12:10 PM           |            | 04                        | Amanda M  | 05                | Matthew W  | 06                         | Russell* P |                  |          |          |        |
| 03                         | Catt W     | 11                        | Amanda M  | 12                | Matthew W  | 13                         | Russell* P |                  |          |          |        |
| 10                         | Catt W     | 18                        | Amanda M  | 19                | Marie N    | 20                         | Russell* P |                  |          |          |        |
| 17                         | Catt W     | 25                        | NO CLASS  | 26                | NO CLASS   | 27                         | NO CLASS   |                  |          |          |        |
| 24                         | NO CLASS   | LIFT<br>12:10 PM          |           |                   |            | Force<br>12:10 PM          |            |                  |          |          |        |
| 31                         | NO CLASS   | 04                        | Jason O   |                   |            | 06                         | Sunshine T |                  |          |          |        |
| CYCLE<br>12:10 PM          |            | 11                        | Jason O   |                   |            | 13                         | <b>TBA</b> |                  |          |          |        |
| 03                         | Lorraine P | 18                        | Noel F    |                   |            | 20                         | Kelli H    |                  |          |          |        |
| 10                         | Lorraine P | 25                        | NO CLASS  |                   |            | 27                         | NO CLASS   |                  |          |          |        |
| 17                         | David B    | Tread N Shred-<br>5:15 PM |           |                   |            |                            |            |                  |          |          |        |
| 24                         | NO CLASS   | 04                        | Trainer ^ |                   |            |                            |            |                  |          |          |        |
| 31                         | NO CLASS   | 11                        | Trainer ^ |                   |            |                            |            |                  |          |          |        |
|                            |            | 18                        | Trainer ^ |                   |            |                            |            |                  |          |          |        |
|                            |            | 25                        | NO CLASS  |                   |            |                            |            |                  |          |          |        |