

# DECEMBER CLASS SCHEDULE

## Monday –

- 5:00am - 163 Fitness
- 8:30am - Stations
- 5:30pm - 163 Fitness – NOTE NEW TIME for DECEMBER

## Tuesday

- 5:00am - Total Body Sculpt
- 6:00am - Whiteboard Fit Camp
- 8:30am - 163 Lite w/Flexibility & Balance
- 6:15pm - Total Body Sculpt

## Wednesday

- 5:00am - 163 Fitness
- 6:00am - 163 Boot Camp
- 5:00pm - 163 Basics

## Thursday

- 5:00am - Core & More
- 8:30am - 163 Lite
- 6:00pm – Roulette (Bring Gloves)

## Friday

- 5:00am - 163 Fitness
- 6:00am - Instructor's Choice

## Saturday

- 6:00am - 163 Fitness

*Please note: The following dates will have adjusted schedules*

**Sunday, December 15** – 4:00pm Bonus Stations Class | **Tuesday, December 24** – No 5:00am or 6:15am class |

**Wednesday, December 25** – No Classes | **Tuesday, December 31** – No 6:15pm class

