

## Group Fitness/ Mind Body Christmas Class Schedule



Saturday, December 24

**HOURS 7:45AM – 4:00PM**

REGULAR CLASS SCHEDULE  
**NO CLASSES AFTER 1PM**

Sunday, December 25

**CLUB CLOSED**

Monday, December 26

**HOURS 5:30AM – 10:00PM**

REGULAR CLASS SCHEDULE  
**EXCEPT**

6:30AM SPIN/Yoga – NO CLASS 12/26  
6:45AM Slow Flow Yoga – NO CLASS 12/26

## Group Fitness/ Mind Body New Year's Class Schedule



Saturday, December 31

**CLUB HOURS 7:45AM - 4:00PM**

REGULAR CLASS SCHEDULE  
**NO CLASSES AFTER 1PM**

Sunday, January 1

**CLUB HOURS 12noon – 6:00PM**

1:00pm SPIN  
2:00pm Discover Dance Explosion  
3:00pm Dance Explosion  
4:00pm Body Conditioning (45-min)

Monday, January 2

**CLUB HOURS 5:30AM – 10:00PM**

REGULAR CLASS SCHEDULE