

December



2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 1130 Stretch Zone 1630 Jujitsu Class**	3 0600 Power Hour* 0830 Seymour Muscle* 1130 Yoga	4 0600 Stretch Zone 1130 Power Hour* 1630 Jujitsu Class** 1800 Yoga	5 0830 Seymour Muscle* 1130 Zumba	6	7
8	9 1130 Stretch Zone 1630 Jujitsu Class	10 0600 Power Hour* 0830 Seymour Muscle* 1130 Yoga	11 0600 Stretch Zone 1130 Power Hour* 1630 Jujitsu Class** 1800 Yoga	12 0830 Seymour Muscle* 1130 Zumba	13	14
15	16 1130 Stretch Zone 1630 Jujitsu Class**	17 0600 Power Hour* 0830 Seymour Muscle* 1130 Yoga	18 0600 Stretch Zone 1130 Power Hour* 1630 Jujitsu Class** 1800 Yoga	19 0830 Seymour Muscle* 1130 Zumba	20	21
22	23 1130 Stretch Zone 1630 Jujitsu Class**	24 0600 Power Hour* 0830 Seymour Muscle* 1130 Yoga	25 Christmas Day	26 Family Day	27	28
29	30 1630 Jujitsu Class**	31 0600 Power Hour* 0830 Seymour Muscle* 1130 Yoga				

*FITNESS IMPROVEMENT(FIP) CLASS

** FEE REQUIRED