

CHRISTMAS EVE SCHEDULE

MONDAY, DECEMBER 24

ATHLETIC CLUB 5AM - 1PM
TENNIS CLUB 5:30AM - 1PM
KIDS' CLUB/YAC 8AM - 1PM
CHRISTMAS DAY CLOSED

5:30 - 6:00AM	Express Yoga	Tori	Jade
5:45 - 6:30AM	CVI	Penny	UCV
6:00 - 6:50AM	Barre (\$)	Ruby	Opal
6:00 - 7:00AM	Shift Up/Speed Up	Dennis	Cycle Studio
6:00 - 7:00AM	Alignment Vinyasa I	Tori	Jade
6:00 - 6:50AM	Breakfast Club	Rena	Studio 1
6:00 - 7:00AM	Pilates Mat P2-3	Pam	Studio 2
8:00 - 9:00AM	HIIT	Nicholas	Studio 2
8:30 - 9:30AM	BODYSTEP	Jim	Studio 1
9:00 - 9:30AM	CXWORX	Andrea	Studio 2
9:00 - 10:00AM	Advanced Reformer (\$)	Pam	Swan
9:00 - 10:00AM	PWRFIT (\$)	Nicholas	PWRFIT
9:00 - 10:25AM	Thermal Yoga	Elena	Jade*
9:15 - 10:15AM	Aqua Fit	Jeanette	Pool
9:30 - 10:30AM	BODYCOMBAT	Melissa	Studio 1
9:30 - 10:30AM	HIIT the Road	Barbara	Cycle Studio
9:30 - 10:30AM	Barre (\$)	Ruby	Opal
9:45 - 10:30AM	CVI	Jim	UCV
10:00 - 11:00AM	PWRFIT (\$)	Brandon	PWRFIT
10:35 - 10:50AM	Stretch & Roll	Jim	Studio 1
11:00AM - 12:00PM	Stretch & Align	Peggy	Studio 2
11:00AM - 12:00PM	Alignment Vinyasa II	Soozie	Jade

NO COMBAT ZONE CLASSES * INDICATES HEATED CLASS \$ INDICATES PAID PROGRAMMING



NEW YEAR'S EVE SCHEDULE

MONDAY, DECEMBER 31

ATHLETIC CLUB 5AM - 1PM
TENNIS CLUB 5:30AM - 1PM
KIDS' CLUB/YAC 8AM - 1PM
NEW YEAR'S DAY CLOSED

5:30 - 6:00AM	Express Yoga	Tori	Jade
5:45 - 6:30AM	CVI	Penny	UCV
6:00 - 6:50AM	Barre (\$)	Ruby	Opal
6:00 - 7:00AM	Shift Up/Speed Up	Tim	Cycle Studio
6:00 - 7:00AM	Alignment Vinyasa I	Tori	Jade
6:00 - 6:50AM	Breakfast Club	Rob	Studio 1
6:00 - 7:00AM	Pilates Mat P2-3	Pam	Studio 2
8:00 - 9:00AM	HIIT	Nicholas	Studio 2
8:30 - 9:30AM	BODYSTEP	Jim	Studio 1
9:00 - 9:30AM	CXWORX	Andrea	Studio 2
9:00 - 10:00AM	Advanced Reformer (\$)	Molly	Swan
9:00 - 10:00AM	PWRFIT (\$)	Nicholas	PWRFIT
9:00 - 10:25AM	Thermal Yoga	Elena	Jade*
9:15 - 10:15AM	Aqua Fit	Crystal	Pool
9:30 - 10:30AM	BODYCOMBAT	Melissa	Studio 1
9:30 - 10:30AM	HIIT the Road	Barbara	Cycle Studio
9:30 - 10:30AM	Barre (\$)	Ruby	Opal
9:45 - 10:30AM	CVI	Jocelyn	UCV
10:00 - 11:00AM	PWRFIT (\$)	Brandon	PWRFIT
10:35 - 10:50AM	Stretch & Roll	Jocelyn	Studio 1
11:00AM - 12:00PM	Stretch & Align	Peggy	Studio 2
11:00AM - 12:00PM	Alignment Vinyasa II	Soozie	Jade

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