

December 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Gentle Yoga Flow (Elaine) 12.00 p.m. - 12.45 p.m. Vinyasa Yoga Flow (Elaine) 5.30 p.m. - 6.30 p.m.	Intro to Strength & Conditioning (Frankie) 12.00 p.m. - 12.45 p.m. *Strong by Zumba (HIITZ) (Meta) 5.30 p.m. - 6.30 p.m. Intro to Strength & Conditioning (Frankie) 6.30 p.m. - 7.30 p.m.	Zumba Sentao (Stephanie) 5.30 p.m. - 6.30 p.m.	Tai Chi (James) 11.35 a.m. - 12.15 p.m. Intro to Strength & Conditioning (Frankie) 12.00 p.m. - 12.45 p.m. Cardio Dance Party (Stephanie) 5.30 p.m. - 6.30 p.m. Intro to Strength & Conditioning (Frankie) 6.30 p.m. - 7.30 p.m.	Kung Fu Kardio (James) 12.00 p.m. - 12.45 p.m. Kung Fu Kardio (James) 5.30 p.m. - 6.30 p.m.	
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	<b>SPN Closed Winter Break 17</b>	<b>SPN Closed Winter Break 18</b>	<b>SPN Closed Winter Break 19</b>	<b>SPN Closed Winter Break 20</b>	<b>SPN Closed Winter Break 21</b>	
	<b>SPN Closed Holiday 24</b>	<b>SPN Closed Holiday 25</b>	<b>SPN Closed Winter Break 26</b>	<b>SPN Closed Winter Break 27</b>	<b>SPN Closed Winter Break 28</b>	
	<b>SPN Closed Winter Break 30</b>					