

# December

**MON:** 6am-10am Keisha  
**TUE:** 10am-2pm Keisha  
**WED:** 6am-10am Marko  
**THURS:** 10am-2pm Marko  
**FRI:** 6am-10am Kenzie



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
	Cardio/Legs	Agility/Balance	Arms (back & bicep)	Legs	Core	
2	3	4	5	6	7	8
	Arms (shoulder, tricep, chest)	Cardio/Legs	Agility/Balance	Arms (back & bicep)	Legs	
9	10	11	12	13	14	15
	Core	Arms (shoulder, tricep, chest)	Cardio/Legs	Agility/Balance	Arms (back & bicep)	
16	17	18	19	20	21	22
	Legs	Core	Arms (shoulder, tricep, chest)	Cardio/Legs	Agility/Balance	
23	24	25	26	27	28	29
	Happy Holidays!	We are closed the 24th and 25th	Core	Arms (shoulder, tricep, chest)	Cardio/Legs	
30	31	1	2	3	4	5
	Agility/Balance	Closed! Happy New Year!				