



DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 POWER FLOW 8:00-9:00am Leslie	2 PILATES 9:00-10:00am Chelsea	3 MEDITATION 8:45 - 9:00am Carolena GENTLE YOGA 9:00-10:00am Carolena	4 POWER YOGA 8:00-9:00am Laura	5 YOGA 8:00am with Leslie PILATES 9:15am with Leslie KID FIT 10:15am with Leslie
6 BARRE 8:00am YOGA FOR ALL 9:00am KIDS YOGA 10:15am	7 HATHA YOGA 8:30 - 9:30am Natacha MEDITATION 9:30-9:45am Natacha	8 POWER FLOW 8:00-9:00am Leslie	9 PILATES 9:00-10:00am Chelsea	10 MEDITATION 8:45 - 9:00am Carolena GENTLE YOGA 9:00-10:00am Carolena	11 POWER YOGA 8:00-9:00am Laura	12 YOGA 8:00am with Leslie PILATES 9:15am with Leslie KID FIT 10:15am with Leslie
13 BARRE 8:00am YOGA FOR ALL 9:00am KIDS YOGA 10:15am	14 HATHA YOGA 8:30 - 9:30am Natacha MEDITATION 9:30-9:45am Natacha	15 POWER FLOW 8:00-9:00am Leslie	16 PILATES 9:00-10:00am Chelsea	17 MEDITATION 8:45 - 9:00am Carolena GENTLE YOGA 9:00-10:00am Carolena	18 POWER YOGA 8:00-9:00am Laura	19 YOGA 8:00am with Leslie PILATES 9:15am with Leslie KID FIT 10:15am with Leslie
20 BARRE 8:00am YOGA FOR ALL 9:00am KIDS YOGA 10:15am	21 HOLIDAY HATHA 8:30 - 9:30am Natacha MEDITATION 9:30-9:45am Natacha	22 FESTIVE FLOW YOGA 8:00-9:00am Laura	23 COOKIE CRUSHER CORE 9:00-10:00am Chelsea	24 MEDITATION 8:45 - 9:00am Carolena GIFT OF GIVING GENTLE YOGA 9:00-10:00am	25 MERRY CHRISTMAS	26 YOGA 8:00am with Leslie PILATES 9:15am with Leslie KID FIT 10:15am with Leslie
27 BARRE 8:00am YOGA FOR ALL 9:00am KIDS YOGA 10:15am	28 HATHA YOGA 8:30 - 9:30am Natacha MEDITATION 9:30-9:45am Natacha	29 POWER FLOW 8:00-9:00am Laura	30 PILATES 9:00-10:00am Chelsea	31 MEDITATION 8:45 - 9:00am Carolena GENTLE YOGA 9:00-10:00am Carolena		

FOR MORE INFORMATION OR TO SIGN UP FOR CLASS PLEASE CONTACT THE SPA.

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