

December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1- 9 am Boot-Camp
2- NO CLASSES	3- 5:30PM CARDIO COREBOLISM (Josh) 6:30PM YOGA (Karly)	4- 5:30AM 30 MIN HIIT (Josh)	5- 5:30PM STRENGTHBOLISM (Josh) 6:30PM YOGA (Karly)	6- 5:30AM 30 MIN HIIT (Josh)	7- NO CLASSES	8- 9 am Boot-Camp (Josh)
9- 9AM- 30 MIN FULL BODY SWEATSESH (Josh)	10- 5:30PM CARDIO COREBOLISM (Josh) 6:30PM YOGA (Karly)	11- 5:30AM 30 MIN HIIT (Josh)	12- 5:30PM STRENGTHBOLISM (Josh) 6:30PM YOGA (Karly)	13 5:30AM 30 MIN HIIT (Josh)	14- NO CLASSES	15- 9 am Boot-Camp (Josh)
16- 9AM- 30 MIN FULL BODY SWEATSESH (Josh)	17- 5:30PM CARDIO COREBOLISM (Josh) 6:30PM YOGA (Karly)	18- 5:30AM 30 MIN HIIT (Josh)	19- 5:30PM STRENGTHBOLISM (Josh) 6:30PM YOGA (Karly)	20- NO CLASSES	21- NO CLASSES	22- 9 am Boot-Camp (Josh)
23- 9AM- 30 MIN FULL BODY SWEATSESH (Josh)	24- NO CLASSES CHRISTMAS EVE	25 NO CLASSES CHRISTMAS DAY	26- 5:30PM STRENGTHBOLISM (Josh) 6:30PM YOGA (Karly)	27- 5:30AM 30 MIN HIIT (Josh)	28- NO CLASSES	29- 9 am Boot-Camp (Josh)
30- 9AM- 30 MIN FULL BODY SWEATSESH (Josh)	31- 5:30PM CARDIO COREBOLISM (Josh) 6:30PM YOGA (Karly)					