

## december 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1  8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
2  9:00am// Bootcamp on the Rocks	3  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Cardio Chisel with a Twist 6:30pm// Step: Shaken not Stirred	4  4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	5  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	6  12pm// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	7  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	8  8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
9  9:00am// Bootcamp on the Rocks	10  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Cardio Chisel with a Twist 6:30pm// Step: Shaken not Stirred	11  4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	12  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	13  12pm// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	14  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	15  8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
16  9:00am// Bootcamp on the Rocks	17  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Cardio Chisel with a Twist 6:30pm// Step: Shaken not Stirred	18  4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	19  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	20  12pm// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	21  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	22  8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151 <b>(DJ Ricki)</b>
23  9:00am// Bootcamp on the Rocks <i>(client run)</i>	24 <b>CHRISTMAS EVE</b>  9:00am// Bootcamp on the Rocks <i>(client run)</i>	25 <b>CHRISTMAS</b>  <b>NO CLASSES</b>	26  9:00am// Bootcamp on the Rocks <i>(client run)</i>	27  12pm// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	28  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	29  8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
30  9:00am// Bootcamp on the Rocks	31 <b>NEW YEAR'S EVE</b>  9am// Bootcamp on the Rocks 10am// Step 151					