

# DYNAMIC & YOGA FITNESS CENTER

## December 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					5:45 PiYo 8:30 Strength	8:30 Zumba 9:30 Vinyasa Yoga
3	4	5	6	7	8	9
	5:45 Cycling 8:30 Bootcamp 4:30 Boxing 5:30 PiYo 6:30 Yoga Level 1	5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba 6:30 Relaxation Yoga	8:30 Kick it Up 12:15 Slow Flow Yoga 4:30 Cardio Circuit 5:30 Beginner Barre 6:30 NO CLASS	8:30 Zumba 9:30 Vinyasa Yoga 12:15 Strength 4:30 Cycling 5:30 Zumba	5:45 PiYo 8:30 Strength	8:30 Zumba 9:30 Vinyasa Yoga
10	11	12	13	14	15	16
	5:45 Cycling 8:30 Bootcamp 4:30 Boxing 5:30 PiYo 6:30 Yoga Level 1	5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba 6:30 Relaxation Yoga	8:30 Kick it Up 12:15 Slow Flow Yoga 4:30 Cardio Circuit 5:30 Beginner Barre 6:30 NO CLASS	8:30 Zumba 9:30 Vinyasa Yoga 12:15 Strength 4:30 Cycling 5:30 Zumba	5:45 PiYo 8:30 Strength	8:30 Zumba 9:30 Vinyasa Yoga
17	18	19	20	21	22	23
	5:45 Cycling 8:30 Bootcamp 4:30 Boxing 5:30 PiYo 6:30 Yoga Level 1	5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba 6:30 Relaxation Yoga	8:30 Kick it Up 12:15 Slow Flow Yoga 4:30 Cardio Circuit 5:30 Beginner Barre 6:30 NO CLASS	8:30 Zumba 9:30 Vinyasa Yoga 12:15 Strength 4:30 Cycling 5:30 Zumba	5:45 PiYo 8:30 Strength	8:30 Zumba 9:30 Vinyasa Yoga
24	25	26	27	28	29	30
	<b>STUDIO CLOSED MERRY CHRISTMAS!!!</b>	5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba 6:30 Relaxation Yoga	8:30 Kick it Up 12:15 Slow Flow Yoga 4:30 Cardio Circuit 5:30 Beginner Barre 6:30 NO CLASS	8:30 Zumba 9:30 Vinyasa Yoga 12:15 Strength 4:30 Cycling 5:30 Zumba	5:45 PiYo 8:30 Strength	8:30 Zumba 9:30 Vinyasa Yoga
31						
notes	Schedule Change Cancelled Class 30 Minute Class					