

December Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	6:30 – 7:30 a Indoor Cycle and HIIT Whitney	6:30 – 7:30 a HIIT Mari	6:30 – 7:30 a Indoor Cycle and HIIT Whitney		6:30 – 7:30 a Indoor Cycle and HIIT Whitney	<i>Every Saturday</i> 1:00 – 2:15 pm Indoor Cycle and HIIT Whitney
Afternoon				11:15 – 12:00 p Mindfulness/Yoga Rolf		
	12:00 – 12:30 p Lunch Crunch Monquel	12:00 – 12:45 p Kettlebells and Balls – <i>SIGN UP</i> <i>REQUIRED</i> www.fitli.com	12:00 – 12:30 pm Lunch Crunch Monquel	12:00 – 12:45 pm Kettlebells and Balls – <i>SIGN UP</i> <i>REQUIRED</i> www.fitli.com	12:00 – 12:30 pm Lunch Crunch Whitney	
	12:30 – 1:15 pm Stretch and Mobility Whitney	12:45 – 1:15 pm Indoor Cycle Whitney	12:30 – 1:15 pm Drills for Skills Whitney	12:45 – 1:15 pm Indoor Cycle Whitney	12:30 – 1:15 pm Indoor Cycle Whitney	
Evening			5:00 – 5:30 pm HIIT Monquel			
	5:45 – 6:45 pm Indoor Cycle Mari/Mike		5:30 – 6:30 pm Indoor Cycle Mari/Mike	5:45 – 6:45 pm Interval Training Mike/Mari	5:15 – 6:15 pm HIIT Monquel	