

Group Class Schedule

Downtown Health & Fitness

December 2011

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

	Nov.28 ZUMBA 7:15pm	29 TURBOKICK 8:30am & 5:30pm	30 ZUMBA 5:15pm & 7pm	1 TURBOKICK 8:30am ZUMBA 7pm	2 ZUMBA 7pm	3
	5 TURBOKICK 5:15pm BODY SCULPT 6:15pm ZUMBA 7:15pm	6 TURBOKICK 7:30am R.I.P.P.E.D. 12 noon	7 ZUMBA 5:15pm & 7pm 30 Min. ABS 6:30pm	8 TURBOKICK 7:30am R.I.P.P.E.D. 12 noon TURBOKICK 5:15pm ZUMBA 7pm	9 ZUMBA 7pm	10 TURBOKICK 10am
	12 TURBOKICK 5:15pm BODY SCULPT 6:15pm ZUMBA 7:15pm	13 TURBOKICK 7:30am R.I.P.P.E.D. 12 noon	14 ZUMBA 5:15pm & 7pm 30 Min. ABS 6:30pm	15 TURBOKICK 7:30am R.I.P.P.E.D. 12 noon TURBOKICK 5:15pm ZUMBA 7pm	16 ZUMBA 7pm	17 TURBOKICK 10am
	19 TURBOKICK 5:15pm BODY SCULPT 6:15pm ZUMBA 7:15pm	20 TURBOKICK 7:30am R.I.P.P.E.D. 12 noon	21 ZUMBA 5:15pm & 7pm 30 Min. ABS 6:30pm	22 TURBOKICK 7:30am R.I.P.P.E.D. 12 noon TURBOKICK 5:15pm ZUMBA 7pm	23 ZUMBA 7pm	24 CHRISTMAS EVE. No class
	26 TURBOKICK 5:15pm BODY SCULPT 6:15pm ZUMBA 7:15pm	27 TURBOKICK 7:30am R.I.P.P.E.D. 12 noon	28 ZUMBA 5:15pm & 7pm 30 Min. ABS	29 TURBOKICK 7:30am R.I.P.P.E.D. 12 noon TURBOKICK 5:15pm ZUMBA 7 pm	30 ZUMBA 7pm	31 TURBOKICK 10am