

# Dec-18



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
25	26	27	28	29	30	1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24 12:15 - 12:45 PM ABS CIRCUIT Nick	25 CHRISTMAS GYM CLOSED	26 OPEN 12 - 4 PM	27	28 12:15 - 12:45 PM HIIT CIRCUIT Nick	29 1:00 - 1:45 PM TABATA TRAINING Sara A.	
30	31 12:15 - 12:45 PM ABS CIRCUIT Nick	Notes					