


Workouts Unlimited Group X Classes December 2021

Class Descriptions are on the back side!

Check website www.workoutsunlimited.com for updates!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			5:15am- Unloaded- Kat 8:30am- TRX-Kadi 9:30am-SS Combo-Kadi 4:00pm- Spin- Kadi 5:30pm-Yoga-Kadi	5:30am-Pilates-Jennie 8:30am- Spin-Fusion-Amy 4:15pm- Tabata-Kadi 5:30pm-Unloaded-Bethany	8:30am-Sculpt-Allison 9:15am-Stretch-Allison 10:15am-SS Combo-Amy	7:30am- Spin-Kadi 8:30am- Yoga- Kadi
	6	7	8	9	10	11
	5:15am-Unloaded-Kat 8:30am- Spin-Kadi 10:15am-SS Combo-Amy 4:15pm-Sculpt-Kadi 5:30pm- Yoga- Kadi	5:00am- Spin-Kadi 8:30am-Sculpt-Amy 9:30am-Yoga-Kadi 5:30pm-Unloaded-Bethany	5:15am- Unloaded- Kat 8:30am- TRX-Kadi 9:30am-SS Combo-Kadi 4:00pm- Spin- Kadi 5:30pm-Yoga-Kadi	5:30am-Pilates-Jennie 8:30am- Spin Fusion-Amy 4:15pm- Tabata-Kadi 5:30pm-Unloaded-Kat	8:30am-Sculpt-Allison 9:15am-Stretch- Allison 10:15am-SS Combo-Amy	7:30am- Spin-Kadi 8:30am- Yoga- Kadi
	13	14	15	16	17	18
	Christmas Sock Day! 5:15am-Unloaded-Kat 8:30am- Spin-Kadi 10:15am-SS Combo-Amy 4:15pm-Sculpt-Kadi 5:30pm- Yoga- Kadi	5:00am- Spin-Kadi 8:30am-Sculpt-Amy 9:30am-Yoga-Kadi 5:30pm-Unloaded-Bethany	Christmas Headpiece Day! 5:15am- Unloaded- Kat 8:30am- TRX- Kadi 9:30am-SS Combo-Kadi 4:00pm- Spin- Kadi 5:30pm-Yoga-Kadi	5:30am-Pilates-Jennie 8:30am- Spin Fusion-Amy 4:15pm- Tabata- Kadi 5:30pm-Unloaded-Bethany	Christmas Sweater Day! 8:30am-Sculpt-Allison 9:15am-Stretch- Allison 10:15am-SS Combo-Amy Silver Sneaker Refreshment hour directly after class!	7:30am-Spin-Kadi 8:30am-Yoga-Kadi
	20	21	22	23	24	25
Class Schedule will resume January 3rd 2022					Merry Christmas!!	
	27	28	29	30	31	
					Ring in the New Year with Kadi 8:00AM-SPIN 9:00AM-TABATA	

All classes, times and instructors are subject to change and/or cancellation.