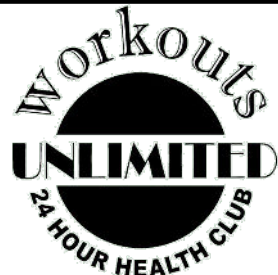


DECEMBER GROUP X CLASSES

Check website: www.workoutsunlimited.com for updates!

/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 5:15AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI GLUTES/ SHOULDERS 5:30PM-YOGA-LIS	3 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH 6:30PM-HIGH FITNESS-KATIE	4 5:15AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI 5:30PM-YOGA-LIS	5 5:00AM-SCULPT-KADI TRI'S/ INNER 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-BAILEY 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE	6 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:30AM-SS COMBO-AMY	7 8:30AM-YOGA-LIS
8	9 5:15AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI QUADS/ CORE 5:30PM-YOGA-LIS	10 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH 6:30PM-HIGH FITNESS-KATIE	11 5:15AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI 4:30PM-SPIN-AMY 5:30PM-YOGA-LIS	12 5:00AM-SCULPT-KADI OUTTER/ CHEST 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-BAILEY 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE	13 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:30AM-SS COMBO-AMY	14 8:30AM-YOGA-LIS
15	16 5:15AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI Ham's/BI's 5:30PM-YOGA-LIS	17 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH 6:30PM-HIGH FITNESS-KATIE	18 5:15AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI 4:30PM-SPIN-AMY 5:30PM-YOGA-LIS	19 5:00AM-SCULPT-KADI INNER/ OUTER 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-BAILEY 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE	20 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:30AM-SS COMBO-AMY	21 8:30AM-YOGA-LIS
22	23	24 Christmas Eve	25 <i>Merry Christmas</i>	26	27	28
29	30	31	1	2	3	4

Keep an eye out on our social media for pop-up classes
@Workoutsunlimited 

ALL CLASSES TIMES AND INSTRUCTORS ARE SUBJECT TO CHANGE OR CANCELLATION.