



DECEMBER



SUN

MON

TUE

WED

THU

FRI

SAT

					1 BALANCE STRENGTH AND STRETCH	2	
3	4 HighLow HiYo	5	6 4321	7	8 HiYo	9	
10	11 High Toning	12	13 HighLow TABATA	14	15 Pajama YOGA	16	
17	18 High HiYo	19	20 PARTY	21	22 NO CLASS	23	
24 CHRISTMAS EVE	25 CHRISTMAS DAY	26	No Class				30
31 NEW YEAR'S EVE	BODY TRANSFORMATION CHALLENGE						