

# DECEMBER 2024 GROUP EX



\*\* schedule/class formats subject to change based on demand

	Mon 12/02	Tue 12/03	Wed 12/04	Thu 12/05	Fri 12/06
AM	5:15AM - 6:00AM Full Body Mix (T)  9:00AM - 10:00AM FFL (J) Machines	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Cardio & Core (T)  9:00AM - 10:00AM FFL (J)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Kickboxing (T)  9:00AM - 10:00AM FFL (J)
PM	<i>Madrid Christmas Kickoff</i>	5:00PM - 6:00PM Strength & Cardio Mix (J)	12:00PM - 1:00PM Midweek Machines  6:00PM - 6:45PM Strength Mix (J)	6:00PM - 6:30PM Kickboxing (J)	
	Mon 12/09	Tue 12/10	Wed 12/11	Thu 12/12	Fri 12/13
AM	5:15AM - 6:00AM Full Body Mix (T)  9:00AM - 10:00AM FFL (J) Machines	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Cardio & Core (T)  9:00AM - 10:00AM FFL (J)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Kickboxing (T)  9:00AM - 10:00AM FFL (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:00PM - 5:30PM Total Body HIIT (J)	12:00PM - 1:00PM Midweek Machines  6:00PM - 6:45PM Strength Mix (J)	5:30PM - 6:00PM Kickboxing (J) <i>(HS Band &amp; Vocal @ 6:30)</i>	
	Mon 12/16	Tue 12/17	Wed 12/18	Thu 12/19	Fri 12/20
AM	<b>NO 5AM ALL WEEK</b>  9:00AM - 10:00AM FFL (J) Machines	9:00AM - 10:00AM FFL (J)			9:00AM - 10:00AM FFL (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:00PM - 5:30PM Total Body HIIT (J)	12:00PM - 1:00PM Midweek Machines <i>(self-guided)</i>  6:00PM - 6:45PM Strength Mix (J)	6:00PM - 6:30PM Kickboxing (J)	
	Mon 12/23	Tue 12/24	Wed 12/25	Thu 12/26	Fri 12/27
AM	<b>NO 5AM ALL WEEK</b>  9:00AM - 10:00AM FFL (J)				11:00AM - 12:00PM All Levels Machine & Body Weight Circuit
PM	5:00PM - 6:00PM Strength & Cardio Mix (J)			5:00PM - 6:00PM Kickboxing Circuit (J)	

(J) Jolyne (T) Tami

**Classes are drop-in welcome! Members are added to groups for specific comms & schedule changes.**