

# December



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Aqua</b>					
3	4	5	6	7	1/8
8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-MOL 10:30-H2Otherapy-DAN 5:30 Intense Cardio-MM 6:30 Aqua Spin-MM 7-Liquid Cardio-LC <b>7:30-Boga Basics-MM</b> 8-AD H2Otherapy-LC	8:30 H2Otherapy-DAN 9:30-Intense Cardio-MM 10:30-H2Otherapy- MK <b>10:30-Aqua Tri- MM</b>	8-Aqua Spin- DAN 8:30-H2Otherapy- MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs& Buns-MM <b>6:30-Aqua Tri- MM</b>	8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM <b>10:30-Boga Bootcamp-JAMIE</b> 7-Liquid Cardio-CD 8-H2Otherapy-CD	8:30-H2Otherapy-MK 9-Liquid Cardio- MM 10-Yoga/Stretch- MM <b>10-Boga Basics/Stretch-MK</b>	8-Intense Cardio-CD
10 8-Aqua Spin-MD 8:30-H2Otherapy-DAN 9-Liquid Cardio-MD 10-Circuits-DAN 10:30-H2Otherapy-MK 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-LC <b>7:30 Boga Basics-MM</b> 8-AD H2Otherapy-LC	11 8:30-H2Otherapy-MK 9:30-Intense Cardio-MM 10:30-H2Otherapy- DAN <b>10:30-Aqua Tri- MM</b>	12 8-Aqua Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs& Buns-MM <b>6:30-Aqua Tri- MM</b>	13 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MOL <b>10:30-Boga Bootcamp-JAMIE</b> 7-Liquid Cardio-CD 8-H2Otherapy-CD	14 8:30-H2Otherapy-MD 9-Liquid Cardio-MM 10-Yoga/Stretch- MM <b>10-Boga Basics/Stretch-MK</b>	15 8-Intense Cardio-CD
17 8-Aqua Spin-MD 8:30-H2Otherapy- DAN 9-Liquid Cardio-MD 10-Circuits-DAN 10:30-H2Otherapy- MK 5:30-Intense Cardio- MM 6:30-Aqua Spin- MM 7-Liquid Cardio- LC <b>7:30 Boga Basics- MM</b> 8-AD H2Otherapy- LC	18 8:30-H2Otherapy-MOL 9:30-Intense Cardio- MM 10:30-H2Otherapy-DAN <b>10:30-Aqua Tri- MM</b>	19 8-Aqua Spin- DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs & Buns- MM <b>6:30-Aqua Tri- MM</b>	20 8:30-H2Otherapy- MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- MM <b>10:30-Boga Bootcamp-JAMIE</b> 7-Liquid Cardio-LC 8-H2Otherapy-LC	21 8:30-H2Otherapy-MD 9-Liquid Cardio- MM 10-Yoga/Stretch- MM <b>10-No Boga Today</b>	22 8-Intense Cardio-CD
24 <b>8-Aqua Spin-DAN</b> <b>8:30-H2Otherapy-DP</b> <b>9-Liquid Cardio-DAN</b> <b>Happy Holidays!</b>	25 <b>Merry Christmas!</b>	26 8-Aqua Spin- DAN 8:30-H2Otherapy- DP 9-Liquid Cardio- MK 10-Pilates-MK 5:30-Abs & Buns-LC <b>6:30-Aqua Tri- LC</b>	27 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM <b>10:30-Boga Bootcamp-Jamie</b> 7-Liquid Cardio-CD 8-H2Otherapy-CD	28 8:30-H2Otherapy-MK 9-Liquid Cardio-MM 10-Yoga/Stretch-MM <b>10-Boga Basics/Stretch-MK</b>	29 8-Intense Cardio-CD
31 8-Aqua Spin- LC 8:30-H2Otherapy-DP 9-Liquid Cardio-DAN 10-Circuits-MK 10:30-H2Otherapy-DAN <b>ENJOY YOUR EVENING!</b>					
30: Kenton Lands Rd, Erlanger KY 41018 Water shoes highly recommended for classes -Must have 6 people to sustain classes.					