

# December 2023

## Kickboxing Classes

### Announcements / Events

We will be closed Dec 22<sup>nd</sup> to Jan 1<sup>st</sup> and will open the new studio Jan 2<sup>nd</sup>!

C.O.R.E. Values Group Fitness Classes start Jan 2nd

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
				6:00am 8:30am 12:15pm 5:30pm		
4	5	6	7	8	9	10
6:00am 8:30am 12:15pm 5:00pm 6:00pm	6:00am 8:30am 12:15pm 5:00pm 6:00pm	6:00am 8:30am 12:15pm 5:00pm 6:00pm	6:00am 8:30am 12:15pm 5:00pm 6:00pm	6:00am 8:30am 12:15pm 5:30pm		
11	12	13	14	15	16	17
6:00am 8:30am 12:15pm 5:00pm 6:00pm	6:00am 8:30am 12:15pm 5:00pm 6:00pm	6:00am 8:30am 12:15pm 5:00pm 6:00pm	6:00am 8:30am 12:15pm 5:00pm 6:00pm	6:00am 8:30am 12:15pm 5:30pm		
18	19	20	21	22	23	24
6:00am 8:30am 12:15pm 5:00pm 6:00pm	6:00am 8:30am 12:15pm 5:00pm 6:00pm	6:00am 8:30am 12:15pm 5:00pm 6:00pm	6:00am 8:30am 12:15pm 5:00pm 6:00pm	Closed for the Holiday  Merry Christmas!		
25	26	27	28	29	30	31
Closed for the Holiday  Merry Christmas!	Closed for the Holiday  Merry Christmas!	No Classes Moving into new studio!	No Classes Moving into new studio!	No Classes Moving into new studio!		