<table>
<thead>
<tr>
<th>Day</th>
<th>Schedule</th>
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| Sun. 12/24| 9am Yoga Flow | 9:30am Cycle 60  
10:30am Pilates Fusion |
| Mon. 12/25| CLOSED                                       |
| Tues. 12/26| 9:30am Yoga | 12pm Muscle  
5:30pm Cardio Muscle | 6pm Cycle 60  
7pm Yoga Flow |
| Weds. 12/27| 8:30am Qigong/Tai Chi | 9:30am Pilates Mat  
12pm Zumba | 5:30pm Yoga Flow  
5:30pm Cycle 60 | 6:30pm Zumba |
| Thurs. 12/28| 6am Yoga Flow | 8:30am Cycle 45  
9:30am Synergy | 12pm Yoga Basics  
5:30pm Cardio Muscle | 6pm Cycle 60  
6:30pm Yoga Basics |
| Fri. 12/29| 8:30am Tai Chi | 9:30am Cardio Muscle  
10:30am HardCORE | 12pm Muscle Cond.  
5:30pm Yoga Flow | 5:30pm Cycle 60 |
| Sat. 12/30| 8:15am Yoga Flow | 8:15am Cycle 60  
9:30am Muscle Cond. | 10:30am Zumba |
| Sun. 12/31| 9am Yoga Flow | 9:30am Cycle 60  
10:30am Pilates Fusion |
| Mon. 1/1| 9:30am Cardio Muscle | 12pm Muscle Cond.  
4:30pm Muscle Cond. | 5:30am HardCORE  
5:30pm Cycle 60 | 6:00 pm Caribbean Cardio |

Schedule subject to change