



FIT LIFE Mind & Body and GTS

December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BI = Beginner/ Intermed.			1 6:15a HP Becca 5:30p GTS Danny 6:30p HP Gordon	2 6:00a GTS 4:30p Basic Sally 5:30p GTS	3 6:00a GTS 6:15a BI Becca 8:30a Gentle Emily 5:30p GTS	4 9:45am HP Becca
HP = High Power	6 5:30p GTS 6:45a BI Becca 6:30p BI Emily	7 6:00a GTS 9:30a HP Gordon	8 6:15a HP Becca 5:30p GTS Harold 6:30p HP Becca	9 6:00a GTS 4:30p Basic Sally 5:30p GTS	10 6:00a GTS 6:15a BI Becca 8:30a Gentle Emily 5:30p GTS	11 9:45am HP Emily
Come check out Wednesday evening Men's Yoga Class	13 5:30p GTS 6:45a BI Becca 6:30p BI Sally	14 6:00a GTS 9:30a HP Becca	15 6:15a HP Becca 5:30p GTS Danny 6:30p HP Gordon	16 6:00a GTS 4:30p Basic Sally 5:30p GTS	17 6:00a GTS 6:15a BI Becca 8:30a Gentle Emily 5:30p GTS	18 9:45am HP Emily
	20 5:30p GTS 6:45a BI Becca 6:30p BI Sally	21 6:00a GTS 9:30a HP Gordon	22 6:15a HP Becca 5:30p GTS John 6:30p HP Becca	23 6:00a GTS 4:30p Basic Sally 5:30p GTS	24 	25 
	27 5:30p GTS 6:45a BI Becca 6:30p BI Sally	28 6:00a GTS 9:30a HP Becca	29 6:15a HP Sally 5:30p GTS Harold 6:30p HP Gordon	30 6:00a GTS 4:30p Basic Sally 5:30p GTS	31 