



# Adult Classes

# DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 NO CLASSES	2 Cookin' with Brandon Lower Body Madness @ 5:30 AM Functional HIIT @ 6:00 PM	3 Functional Strength & Conditioning @ 5:30 AM <b>NEW</b> Tabata Strength and Conditioning @ 6:00 PM	4 Kettlebell Cardio @ 5:30 AM Kettlebell Cardio @ 6:00 PM	5 Functional Strength & Conditioning @ 5:30 AM <b>NEW</b> Functional Cross Strength Training @ 6:00 PM	6 Cookin' with Brandon Upper Body Madness @ 5:30 AM	7 NO CLASSES
8 NO CLASSES	9 Cookin' with Brandon Lower Body Madness @ 5:30 AM Functional HIIT @ 6:00 PM	10 Functional Strength & Conditioning @ 5:30 AM <b>NEW</b> Tabata Strength and Conditioning @ 6:00 PM	11 Kettlebell Cardio @ 5:30 AM Kettlebell Cardio @ 6:00 PM	12 Functional Strength & Conditioning @ 5:30 AM <b>NEW</b> Functional Cross Strength Training @ 6:00 PM	13 Cookin' with Brandon Upper Body Madness @ 5:30 AM	14 NO CLASSES
15 NO CLASSES	16 Cookin' with Brandon Lower Body Madness @ 5:30 AM Functional HIIT @ 6:00 PM	17 Functional Strength & Conditioning @ 5:30 AM <b>NEW</b> Tabata Strength and Conditioning @ 6:00 PM	18 Kettlebell Cardio @ 5:30 AM Kettlebell Cardio @ 6:00 PM	19 Functional Strength & Conditioning @ 5:30 AM <b>NEW</b> Functional Cross Strength Training @ 6:00 PM	20 Cookin' with Brandon Upper Body Madness @ 5:30 AM	21 NO CLASSES
22 NO CLASSES	23 NO AM Class Functional HIIT @ 6:00 PM	24 <b>Christmas Eve Gym Closed</b>	25 <b>Christmas Day Gym Closed</b>	26 <b>Gym Open 7:00 AM – 6:00 PM No Classes</b>	27 <b>Gym Open Normal Hours NO Classes</b>	28 NO CLASSES
29 NO CLASSES	30 Cookin' with Brandon Lower Body Madness @ 5:30 AM Functional HIIT @ 6:00 PM	31 <b>New Year's Eve Gym Closed</b>	Jan. 1, 2025 <b>New Year's Day Gym Closed</b>			

### Holiday Schedule

**Gym Closed December 24, 2024**

**Gym Closed December 25, 2024**

**Gym Open 7:00 AM – 6:00 PM December 26, 2024**

### Holiday Schedule

**Gym Closed December 31, 2024**

**Gym Closed January 1, 2025**