

DEC 2016

Absolute Fitness

Class Calendar

<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
<p>Nov 28 5:30 am Body Sculpting/Spin Trisha</p>	<p>29 5:30 am Body Sculpting/Spin Trisha</p> <p>6:00 am Spin Marty</p>	<p>30 5:30 am Body Sculpting/Spin Trisha</p>	<p>1 5:30 am Body Sculpting/Spin Trisha</p>	<p>2</p>
<p>5 5:30 am Body Sculpting/Spin Trisha</p>	<p>6 5:30 am Body Sculpting/Spin Trisha</p> <p>6:00 am Spin Marty</p>	<p>7 5:30 am Body Sculpting/Spin Trisha</p>	<p>8 5:30 am Body Sculpting/Spin Trisha</p>	<p>9</p>
<p>12 5:30 am Body Sculpting/Spin Trisha</p>	<p>13 5:30 am Body Sculpting/Spin Trisha</p> <p>6:00 am Spin Marty</p>	<p>14 5:30 am Body Sculpting/Spin Trisha</p>	<p>15 5:30 am Body Sculpting/Spin Trisha</p>	<p>16</p>
<p>19 5:30 am Body Sculpting/Spin Trisha</p>	<p>20 5:30 am Body Sculpting/Spin Trisha</p> <p>6:00 am Spin Marty</p>	<p>21 5:30 am Body Sculpting/Spin Trisha</p>	<p>22 5:30 am Body Sculpting/Spin Trisha</p>	<p>23</p>
<p>26 5:30 am Body Sculpting/Spin Trisha</p>	<p>27 5:30 am Body Sculpting/Spin Trisha</p> <p>6:00 am Spin Marty</p>	<p>28 5:30 am Body Sculpting/Spin Trisha</p>	<p>29 5:30 am Body Sculpting/Spin Trisha</p>	<p>30</p>

Spin with Marty, Brenda and Trisha. You decide how hard you want to work! You have the potential to burn up to 750 calories in one 45minute class. No experience necessary