

# PERSONALLY FIT GROUP TRAINING SCHEDULE DECEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Coming soon to Personally Fit - Revolutionary Weight Loss Memberships</b>  <b>All you need to reach your weight loss goals:</b>                      Weight loss results: comprehensive program that has worked for hundreds of ladies throughout Acadiana.                      Accountability: weekly weigh-ins, scheduled training with your weight loss coach and weekly strategy sessions.                      Motivational workouts: guided workouts with your weight loss coach.  <b>Don't miss your opportunity to save \$\$ as one of our valuable members.</b>  <b>Ask Dawn for more information.</b></p>				1	2	3
				5:30 Body Sculpt—Caulette 8:30 Kickboxing—Caulette  4:30 Booty Ballet—Toni 5:30 Zumba—Brian	5:30 Kickboxing—Alison 7:30 IndoorCycle—Tracy* 8:00 IndoorCycle—Tracy* 8:30 Body Sculpt—Caulette	9:00 Hipilates—Jessica
4	5	6	7	8	9	10
8:30 Zumba—Crystal 8:45 Cycle Circuit—Jill*  4:30 Power Dance—Ashley 5:30 R.I.P.P.E.D.—Jill	5:30 Step'n Tone—Caulette 8:30 Booty Ballet—Toni <b>9:00 Workout 101*</b>  5:30 Zumba—Jessica	8:30 R.I.P.P.E.D.—Jill  4:30 Cardio Circuit—Alison 5:30 Cycle Circuit-Tracy* <b>6:00 FUEL*</b>	5:30 BasicStrength—Caulette 8:30 Step'n Tone—Caulette  5:30 Booty Ballet—Toni	5:30 Zumba—Jessica 8:00 IndoorCycle—Tracy* 8:30 Kickboxing—Caulette	9:00 Bootie Ballet—Toni	
11	12	13	14	15	16	17
8:30 Zumba—Crystal 8:45 Cycle Circuit—Jill*  4:30 Power Dance—Ashley 5:30 R.I.P.P.E.D.—Jill	5:30 Step'n Tone—Caulette 8:30 HITT—Jill  5:30 Hip Hop—Jessica	8:30 R.I.P.P.E.D.—Jill  4:30 Kickboxing—Caulette 5:30 Cycle Circuit-Tracy* <b>6:00 FUEL*</b> <b>6:00 Workout 101*</b>	5:30 BasicStrength—Caulette <b>5:30 COM Workshop*</b> 8:00 IndoorCycle—Tracy* 8:30 Step'n Tone—Caulette <b>9:00 COM Workshop*</b>  5:30 Zumba—Brian <b>6:00 COM Workshop*</b>	5:30 Kickboxing—Alison 8:30 Body Sculpt—Caulette	9:00 R.I.P.P.E.D.—Jill	
18	19	20	21	22	23	24
8:30 Zumba—Crystal 8:45 Cycle Circuit—Jill*  4:30 Power Dance—Ashley 5:30 R.I.P.P.E.D.—Jill	5:30 Drums—Caulette 8:30 Booty Ballet—Toni <b>9:00 Workout 101*</b>  5:30 Zumba—Jessica	8:30 R.I.P.P.E.D.—Jill  4:30 Cardio Circuit—Alison 5:30 Cycle Circuit-Tracy* <b>6:00 FUEL*</b>	5:30 BasicStrength—Caulette 8:30 Step'n Tone—Caulette  5:30 Booty Ballet—Toni	8:30 Kickboxing—Caulette	<p style="text-align: center;"><b>CLOSED FOR CHRISTMAS</b></p>	
25	26	27	28	29	30	31
8:30 Zumba—Crystal 8:45 Cycle Circuit—Jill*  4:30 Power Dance—Ashley 5:30 R.I.P.P.E.D.—Jill	5:30 CircuitTraining—Caulette 8:30 Booty Ballet—Toni  5:30 Hip Hop—Jessica	8:30 R.I.P.P.E.D.—Jill  4:30 Kickboxing—Alison 5:30 Cycle Circuit-Tracy* <b>6:00 FUEL*</b>	5:30 Body Sculpt—Caulette 8:30 Kickboxing—Caulette  5:30 Zumba—Brian	8:30 Body Sculpt—Caulette	<p style="text-align: center;"><b>CLOSED FOR NEW YEAR'S</b></p>	