

naturespa

December Fitness

monday	tuesday	wednesday	thursday	friday	saturday	sunday
Class \$12 Class 10/\$80					1 7a yoga 9a yoga 11a aquafit	2 7a yoga 9a yoga 4p yoga
3 10am yoga 4pm yoga 530p gym class	4 1030a aquafit 6p yoga	5 9a gentle yoga 530 yoga	6 1030a aquafit 530 grateful yoga	7 10a yoga 430 yoga 530p gym class	8 7a yoga 9a yoga 11a yoga 11a aquafit 4p yoga	9 7a yoga 9a yoga 11a yoga 4p yoga
10 10am yoga 4pm yoga 530p gym class	11 1030a aquafit 6p yoga	12 9a gentle yoga 530 yoga Polly	13 1030a aquafit 530 grateful yoga	14 10am yoga 430 yoga 530p gym class	15 7a yoga 9a yoga 11a yoga 11a aquafit 4p yoga	16 7a yoga 7a SkiFit 9a yoga 11a yoga 4p yoga
17 10am yoga 4pm yoga 530p gym class	18 1030a aquafit 6p yoga	19 9a gentle yoga 530 yoga	20 1030a aquafit 530 grateful yoga	21 10am yoga 430 yoga 530p gym class	22 7a yoga 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	23 7a Yoga 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga
24 7aYoga 7am SkiFit 9a yoga 11a yoga 2p yoga 4p yoga	25 7a yoga 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	26 7a yoga 7am SkiFit 9a yoga 11a yoga 2p yoga 4p yoga	27 7a yoga 9a yoga 11a yoga 2p yoga 4p yoga 530 grateful yoga	28 7a yoga 7am SkiFit 9a yoga 11a yoga Jill 2p yoga 4p yoga	29 7a yoga 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	30 7a yoga 7am SkiFit 9a yoga 11a yoga 2p yoga 4p yoga