

FUNCTIONAL FITNESS



December 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18	19	20	21	22	23
"12 DAYS OF CHRISTMAS"						
	6:00am 12DoC 10:00am 12DoC	6:00am 12DoC 10:00am 12DoC	6:00am 12DoC 10:00am 12DoC	6:00am 12DoC 10:00am 12DoC	6:00am 12DoC 10:00am 12DoC	11:00am 12DoC (Skating @ The Oval)
24	25	26	27	28	29	30
"12 DAYS OF CHRISTMAS" WORKOUTS						
10:00am 12DoC	REST	10:00 am 12DoC	6:00am 12DoC 10:00am 12DoC	6:00am 12DoC 10:00am 12DoC	6:00am 12DoC 10:00am 12DoC	
<i>Christmas Eve</i>	<i>Christmas Day</i>	<i>Boxing Day</i>				
31	January 1, 2018	2	3	4	5	6

IT'S THE
MOST
wonderful
 TIME OF THE
YEAR


