

# 12 WORKOUTS of CHRISTMAS

OUR FESTIVE FITNESS CHALLENGE

## 2020 Online Workout Schedule

1 Monday, December 28<sup>th</sup>  
7:00 am, 9:00 am

2 Tuesday, December 29<sup>th</sup>  
9:00 am, 5:00 pm

3 Wednesday, December 30<sup>th</sup>  
7:00 am, 9:00 am

4 Thursday, December 31<sup>st</sup>  
9:00 am

5 Friday, January 1<sup>st</sup>  
*(no online workout)*

6 Saturday, January 2<sup>nd</sup>  
*(no online workout)*

7 Sunday, January 3<sup>rd</sup>  
9:00 am

8 Monday, January 4<sup>th</sup>  
7:00 am, 9:00 am

9 Tuesday, January 5<sup>th</sup>  
*(no online workout)*

10 Wednesday, January 6<sup>th</sup>  
7:00 am, 9:00 am

11 Thursday, January 7<sup>th</sup>  
9:00 am, 5:00 pm

12 Friday, January 8<sup>th</sup>  
9:00 am

*fa la la la la!*

All online workouts are offered through



Please contact us for login information