

# NFB Fitness December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30a Yoga 5p Sculpt 45 6p Bootcamp	2 No Classes Personal training sessions Only	3 8:30a Box45 9:30a Box45
4 9am BOOTCAMP	5 9:30a Box45 5p Box45 6p Box45	6 9:30a Step class 5p Basic Step 6P Bootcamp	7 9:30a Box45 5P Box45 6P Box45	8 9:30a Yoga 5p RIPPED 6P Sculpt	9 No Classes Personal training sessions Only	10 8:30a Box45 9:30a Box45
11 9am BOOTCAMP	12 9:30a Box45 5p Box45 6p Box45	13 9:30a Step class 5p Full Body Tabata 6P Bootcamp	14 9:30a Box45 5P Box45 6P Box45	15 9:30a Yoga 5P CORE 6P Sculpt	16 No Classes Personal training sessions Only	17 8:30a Box45 9:30a Box45
18 9am BOOTCAMP	19 5p Box45	20 5p Full Body Tabata	21 5P Box45	22 5P RIPPED	23 No Classes Personal training sessions	24 8:30a Box45 9:30a Box45
25 <b>HOLIDAY No Classes</b>	26 9:30a BOX45 5P BOX45	27 9:30a Step class 5p Sculpt	28 9:30a Box45 5P Box45	29 9:30a Yoga 5P CORE	30 No Classes Personal training sessions	31 8:30a Box45 9:30a Box45