

Patch Fitness Center



December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 0900 Zumba w/ Roni 1130 Yoga/ Bobbi	2 0945 Tabata w/ Roni 1130 Yoga w/ Robin 1700 Zumba w/ Ainslie	3 0900 Zumba w/ Roni 1630 Spin w/Silvia	4
6 0900 Zumba w/ Roni 1015 Prenatal/Postnatal Yoga w/ Chelsea 1210 Lunch Flow w/ Chelsea	7 0600 Spin w/ Lynn 0945 Tabata w/ Roni 1130 Vinyasa Yoga w/ Robin 1730 Zumba w/ Wilfa	8 0900 Zumba w/ Roni 1130 Yoga/ Bobbi	9 0945 Tabata w/ Roni 1130 Bheemashakti Yoga w/ Robin 1700 Zumba w/ Ainslie	10 0900 Zumba w/ Roni 1030 *Wellness Retreat *pre- registration required 1630 Spin w/Silvia	11
13 0900 Zumba w/ Roni 1015 Prenatal/Postnatal Yoga w/ Chelsea 1210 Lunch Flow w/Chelsea 1700 *Wellness Retreat *pre-registraion required	14 0600 Spin w/Lynn 0945 Tabata w/ Roni 1130 Vinyasa Yoga w/ Robin 1730 Zumba w/ Wilfa	15 0900 Zumba w/ Roni 1130 Yoga/ Bobbi	16 0945 Tabata w/ Roni 1130 Bheemashakti Yoga w/ Robin 1700 Zumba w/ Ainslie	17 0900 Zumba w/ Roni 1630 Spin w/Silvia	18
20 0900 Zumba w/ Roni 1015 Prenatal/Postnatal Yoga w/ Chelsea 1210 Lunch Flow w/ Chelsea	21 0600 Spin w/Lynn 0945 Tabata w/ Roni 1130 Vinyasa Yoga w/ Robin 1730 Zumba w/ Wilfa	22 0900 Zumba w/ Roni 1130 Yoga/ Bobbi	23 0945 Tabata w/ Roni 1130 Bheemashakti Yoga w/ Robin 1700 Zumba w/ Ainslie	24 Holiday Observed No Classes	25
27 0900 Zumba w/ Wilfa 1015 Prenatal/Postnatal Yoga w/ Chelsea 1210 Lunch Flow w/ Chelsea	28 0600 Spin w/ Lynn 0945 Tabata w/ Roni 1130 Vinyasa Yoga w/ Robin 1730 Zumba w/ Wilfa	29 0900 Zumba w/ Wilfa 1130 Yoga/ Bobbi	30 0945 Tabata w/ Roni 1130 Bheemashakti Yoga w/ Robin 1700 Zumba w/ Ainslie	31 Holiday Observed No Classes	Group Fitness Classes \$5/class or \$45 for ten coupons

Group Fitness Classes