

Panzer Fitness Center



December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 0900 Total Body Blast w/ Jen 1715 Boot Camp w/ Biby	2 0900 Bheemashakti Yoga w/ Robin 1015 Zumba w/ Biby 1600 PM Spin w/ A-M	3 0900 Total Body Blast w/ Jen	4
6 0700 AM Spin w/ A-M 0900 Total Body Blast w/Jen 1715 Boot Camp w/ Biby	7 0900 Yoga w/ Andrea 1015 Zumba w/ Biby	8 0900 Total Body Blast w/ Jen 1715 Boot Camp w/ Biby	9 0900 Bheemashakti Yoga w/ Robin 1015 Zumba w/ Biby 1600 PM Spin w/ A-M	10 0900 Total Body Blast w/ Jen	11
13 0700 AM Spin w/ A-M 0900 Total Body Blast w/Jen 1715 Boot Camp w/ Biby	14 0900 Yoga w/ Andrea 1015 Zumba w/ Biby	15 0900 Total Body Blast w/ Jen 1715 Boot Camp w/ Biby	16 0900 Bheemashakti Yoga w/ Robin 1015 Zumba w/ Biby 1600 PM Spin w/ A-M	17 0900 Total Body Blast w/ Jen	18
20 0700 AM Spin w/ A-M 0900 Total Body Blast w/ Jen 1715 Boot Camp w/ Biby	21 0900 Yoga w/ Andrea 1015 Zumba w/ Biby	22 0900 Total Body Blast w/Jen 1715 Boot Camp w/ Biby	23 0900 Bheemashakti Yoga w/ Robin 1015 Zumba w/ Biby 1600 PM Spin w/ A-M	24 Holiday Observed No Classes	25 Merry Fitmas!
27 0700 AM Spin w/ A-M 0900 Total Body Blast w/ Jen 1715 Boot Camp w/ Biby	28 0900 Yoga w/ Andrea 1015 Zumba w/ Biby	29 0900 Total Body Blast w/Jen 1715 Boot Camp w/ Biby	30 0900 Bheemashakti Yoga w/ Robin 1015 Zumba w/ Biby 1600 PM Spin w/ A-M	31 Holiday Observed No Classes	Group Fitness Classes \$5/class or \$45 for ten coupons

Group Fitness Classes