

GAFFNEY GROUP FITNESS SCHEDULE



DECEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1100-1200	no classes	1200-1300	1700-1730	1100-1200	0830-0930
BEGINNER'S YOGA ONLY ON 2,9,16	December	SLOW FLOW YOGA ON 12/4/24	H2O CLINICS NO CLASS 26	VINYASA FLOW ONLY ON 6,13,20	SPIN NO CLASS 7,14
ASHLEY S.	24, 25, & 31st	CARRIE	DEB	ASHLEY S.	KATIA
1300-1400	1700-1800	1300-1400	1700-1800	1300-1400	0845-0945
LADIES WHO LIFT	H2O CLINIC	LADIES WHO LIFT	ZUMBA TONING NO CLASS 12,19,26	LADIES WHO LIFT	H2O HIIT NO CLASS 28
SYLVIA	DEB	SYLVIA	BRIDGET	SYLVIA	DEB
1700-1800	1700-1800	1600-1700	1730-1800	1700-1800	0900-1000
ALL LEVELS YOGA ONLY ON 2,9,30	ZUMBA	VINYASA YOGA ON 12/18/24	H2O DRILLS NO CLASS 26	RESTORATIVE YOGA ONLY ON 6TH	HIGH FITNESS
ASHLEY S.	BRIDGET	CARRIE	DEB	ASHLEY S.	ASHLEY J. & KATIE
	1730-1815	1700-1800	1730-1815		1000-1030
	SPIN NO CLASS 10	HIGH LOW FITNESS	SPIN NO CLASS 12		H2O BASICS NO CLASS 28
	KATIA	KATIE	KATIA		DEB
1730-1815	1800-1900	1730-1815	1800-1900	1800-1900	1030-1130
SPIN	H2O CLINIC	SPIN	ZUMBA TONING NO CLASS 12,19,26	ZUMBA NO CLASS 6	H2O DRILLS NO CLASS 28
ADELE	DEB	ADELE	BRIDGET	MICHELLE	DEB
1800-1900	1800-1900	1800-1900	1800-1830	New Year's Revolution Aerobathon Jan 4, 2025 Gaffney 0900-1200	
ZUMBA NO CLASS 9,23	ZUMBA STEP	HIIT CARDIO & STRENGTH NO CLASS 27TH	H2O BASICS NO CLASS 26		
MICHELLE	MICHELLE	ERICA	DEB		

NON-ID CARDHOLDERS ARE WELCOME TO TAKE OUR FITNESS CLASSES! CLASS FEES FOR ALL: DROP-IN: \$5. GROUP FITNESS PUNCH CARDS: 10 FOR \$40/20 FOR \$80. WE ACCEPT CASH, CARDS,& CHECKS. ALL SALES FINAL. CARDS GOOD FOR 3 MONTHS.