

Hazleton YWCA Group Exercise Schedule DECEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Boot Camp class Wednesday & Thursday will be held in the downstairs fitness room</i></p>						<p>1 8:30 Cycle 9:20 Total Body Conditioning</p> <p> 10:15am</p>
<p>2 </p>	<p>3 9:40 Cycle  10:15am  5:00pm 6:00 Total Body Conditioning 8:00 Boot Camp</p>	<p>4 9:40 Cycle 10:15 Latin Fitness Dance  5:30pm  6:30pm</p>	<p>5 9:40 Cycle  10:15am  5:00pm 6:00 RetroRobics  7:00pm 7:00 Boot Camp</p>	<p>6 9:40 Cycle  10:15am 5:15 Insanity  6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>7  9:00am  10:15am 7:00 Boot Camp</p>	<p>8 8:30 Cycle 9:20 Total Body Conditioning</p> <p> 10:15am</p>
<p>9 </p>	<p>10 9:40 Cycle  10:15am  5:00pm 6:00 Strong By Zumba 8:00 Boot Camp</p>	<p>11 9:40 Cycle 10:15 Latin Fitness Dance  5:30pm  6:30pm</p>	<p>12 9:40 Cycle  10:15am  5:00pm 6:00 RetroRobics  7:00pm 7:00 Boot Camp</p>	<p>13 9:40 Cycle  10:15am 5:15 Insanity  6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>14  9:00am  10:15am 7:00 Boot Camp</p>	<p>15 8:30 Cycle 9:20 Total Body Conditioning</p> <p> 10:15am</p>
<p>16 </p>	<p>17 9:40 Cycle  10:15am  5:00pm 6:00 R.I.P.P.E.D. 8:00 Boot Camp</p>	<p>18 9:40 Cycle 10:15 Latin Fitness Dance  5:30pm  6:30pm</p>	<p>19 9:40 Cycle  10:15am  5:00pm 6:00 RetroRobics  7:00pm 7:00 Boot Camp</p>	<p>20 9:40 Cycle  10:15am 5:15 Canceled  6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>21  Canceled  Canceled 7:00 Boot Camp</p>	<p>22 8:30 Cycle 9:20 Total Body Conditioning</p> <p> 10:15am</p>
<p>23/30 </p>	<p>24/31 Closed Xmas Eve New Years eve close at noon 9:40 Cycle  10:15am</p>	<p>25  Closed Xmas Day</p>	<p>26 9:40 Cycle  10:15am  5:00pm 6:00 RetroRobics  7:00pm 7:00 Boot Camp</p>	<p>27 9:40 Cycle  10:15am 5:15 Insanity  6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>28  9:00am  10:15am 7:00 Boot Camp</p>	<p>29 8:30 Cycle 9:20 Total Body Conditioning</p> <p> 10:15am</p>