

# December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 ■ 4:00 PM Kettlebell II (intermediate workout)	30 ■ 12:45 pm MS ■ 11:00 am HS ■ 8:15 AM Pilates Mat II ■ 5:15 PM Indoor Cycling (sign-up) 45 min. ■ 6:00 PM 15 min abs	1 ■ 11:00 am HS ■ 6:15 PM YOGA with Ananda ■ 7:30 PM Belly Dance II	2 ■ 11:00 am HS ■ 12:45 pm MS ■ 8:15 AM THE Workout ALL LEVELS Beginners must arrive 15 min early! ■ 5:15 PM 30/30 Cycle/Pilates I	3 ■ 8:15 AM Indoor Cycling (sign-up) ■ 6:30 PM Caldera Troupe Practice	4 ■ Trunk Sho...aar 5:30pm ■ 8:15 AM THE Workout Intermediate/Advanced	5
6 ■ 4:00 PM Kettlebell II (intermediate workout)	7 ■ 8:15 AM Pilates Mat II ■ 5:15 PM Indoor Cycling (sign-up) 45 min. ■ 6:00 PM 15 min abs	8 ■ 8:15 AM Indoor Cycling 45 min (sign-up) ■ 6:15 PM YOGA with Ananda ■ 7:30 PM Belly Dance II	9 ■ 8:15 AM THE Workout ALL LEVELS Beginners must arrive 15 min early! ■ 5:15 PM 30/30 Cycle/Pilates I	10 ■ 8:15 AM Indoor Cycling (sign-up) ■ 6:30 PM Caldera Troupe Practice	11 ■ 8:15 AM THE Workout Intermediate/Advanced	12
13 ■ 4:00 PM Kettlebell II (intermediate workout)	14 ■ 8:15 AM Pilates Mat II ■ 5:15 PM Indoor Cycling (sign-up) 45 min. ■ 6:00 PM 15 min abs	15 ■ 8:15 AM Indoor Cycling 45 min (sign-up) ■ 6:15 PM YOGA with Ananda	16 ■ 8:15 AM THE Workout ALL LEVELS Beginners must arrive 15 min early!	17 ■ 8:15 AM Indoor Cycling (sign-up) ■ 6:30 PM Caldera Troupe Practice	18 ■ 8:15 AM THE Workout Intermediate/Advanced	19
20	21	22 ■ 8:15 AM Indoor Cycling 45 min (sign-up)	23	24	25 ■ Merry Christmas!	26
27 ■ 4:00 PM Kettlebell II (intermediate workout)	28	29 ■ 8:15 AM Indoor Cycling 45 min (sign-up)	30 ■ 8:15 AM THE Workout ALL LEVELS Beginners must arrive 15 min early!	31	1	2