

# DEC 2024



SUN

MON

TUE

WED

THU

FRI

SAT

	2	3	4	5	6	7
POP-UP EVENING CLASSES!		8:00 am (30m) <b>STRONGER</b> 8:35 am (25m) <b>HOME STRETCH</b>	9:00 am (30m) <b>CORE 'n</b> <b>TOTAL BACK</b>	8:30 am (40m) <b>SOLID</b>		9:00 am (40m) <b>STRONGER</b> 9:45 am (30m) <b>HOME STRETCH</b>
	9	10	11	12	13	14
	8:00 am (30m) <b>STRONGER</b> 8:35 am (25m) <b>HOME STRETCH</b>	9:00 am (30m) <b>CORE 'n</b> <b>HEALTHY KNEES</b>	8:30 am (40m) <b>SOLID</b>		9:00 am (40m) <b>STRONGER</b> 9:45 am (30m) <b>HOME STRETCH</b>	
	16	17	18	19	20	21
6:30 pm (40m) <b>MONDAY</b> 	8:00 am (30m) <b>STRONGER</b> 8:35 am (25m) <b>HOME STRETCH</b>	9:00 am (30m) <b>CORE 'n</b> <b>NO JUMPS FOR JOY</b>	8:30 am (40m) <b>SOLID</b>		9:00 am (40m) <b>STRONGER</b> <b>Reindeer Games</b>  9:45 am (30m) <b>HOME STRETCH</b>	
	23	24	25	26	27	28
	5:00 pm (30m) <b>MADNESS</b> <b>Candlelight Stretch</b> 	Happy, healthy, peaceful – and active – holidays! Video promo code: HOHOHO Free for all Dec 22 – Jan 5 			9:00 am (40m) <b>STRONGER</b> 9:45 am (30m) <b>HOME STRETCH</b>	
	30	31				
	8:00 am (30m) <b>STRONGER</b> <b>Auld, not old!</b>  8:35 am (25m) <b>HOME STRETCH</b>		Donations ~ Dec 2024  Food Banks Canada / Banques alimentaires Canada			

\*\* All times are in Pacific Time (Canada, USA)

