

# Kahite Fitness Classes

December 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7:45</b>					
<b>8:00</b>	Fit & Tone		Fit & Tone		Fit & Tone
<b>8:30</b>	Rose		Rose	Pilates	Rose
<b>8:45</b>	8:00-9:00		8:00-9:00	Kathie	8:00-9:00
<b>9:00</b>				8:30-9:30	
<b>9:15</b>	Balance, Bend, Build		Balance, Bend, Build		Balance, Bend, Build
<b>9:30</b>	Joann		Joann		Joann
<b>10:15</b>	9:15-10:15		9:15-10:15		9:15-10:15
<b>10:30</b>					
<b>10:45</b>					
<b>11:15</b>					
<b>11:30-2:15</b>					
<b>2:30</b>					
<b>3:15</b>					
<b>4:00</b>		PilatesYoga			
<b>4:30</b>		Rose Howard			
<b>5:00</b>		4:00 - 5:00			UPDATED 10-31-16 JA