

## CLLC Fitness Schedule December 23-December 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Deep Aquafit 8:30am-9:30am		
Fusion 9:45am-10:45am	LIIT 9:30am-10:30am			Total Body Fit 10:00am-11:00am		
Strength and Balance 11:00am- 12:00pm	Core and Stretch 10:45am-11:30am			Hatha Yoga 11:15am- 12:15pm		
					There are no classes running on December 25, 26 and January 1, 2025. We wish you all a safe holiday season!	
Zumba 6:30pm-7:30pm						
Childminding is available for ages 3 months to 10 years. Friday December 27th 9am-11:30am Saturday, December 28th 9am-11:30am Friday, January 3rd 9am-11:30am Saturday, January 4th 9am-11:30am				This schedule is subject to change.  For the most up to date schedule information follow us on Facebook and Instagram		

