



McAdoo Fitness Classes

DECEMBER / 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 AFFT Classes Monday - Thursday 0530 & 1100	2 0900 Bootcamp - Anne 1000 Family Bootcamp - Anna 1015 Teen Bootcamp - Anne 1700 Cycle - Jill 1800 Zumba - Michelle	3 1700 Zumba - Michelle	4 0900 Bootcamp - Anne 1000 Family Str & Tone - Anna 1700 Yoga - Donita 1800 Zumba - Michelle	5 1700 Zumba - Michelle	6 0900 Bootcamp - Anne 1000 Family Bootcamp - Anna	7 0800 Zumba - Michelle
8	9 0900 Bootcamp - Anne 1000 Family Bootcamp - Anna 1015 Teen Bootcamp - Anne 1700 Cycle - Jill 1800 Zumba - Michelle	10 1700 Zumba - Michelle	11 0900 Bootcamp - Anne 1000 Family Str & Tone - Anna 1700 Yoga - Donita 1800 Zumba - Michelle	12 1700 Zumba - Michelle	13 1000 Family Bootcamp - Anna 1630 Zumba - Michelle	14 0800 Zumba - Michelle
15	16 0900 Bootcamp - Anne 1000 Family Bootcamp - Anna 1015 Teen Bootcamp - Anne 1700 Cycle - Jill 1800 Zumba - Michelle	17 1700 Zumba - Michelle	18 0900 Bootcamp - Anne 1000 Family Str & Tone - Anna 1700 Yoga - Donita 1800 Zumba - Michelle	19 1700 Zumba - Michelle	20 0900 Bootcamp - Anne 1000 Family Bootcamp - Anna 1630 Zumba - Michelle	21 0800 Zumba - Michelle
22	23 1000 Family Bootcamp - Anna 1700 Cycle - Jill 1800 Zumba - Michelle	24 NO CLASSES	25 NO CLASSES	26 1000 Family Zumba - Michelle	27 1000 Family Bootcamp - Anna 1000 Family Zumba - Michelle	28 0800 Zumba - Michelle
29	30 1000 Family Bootcamp - Anna 1700 Cycle - Jill	31 NO CLASSES	1	2	3	4 Key FIP Classes TURF