

DEC 2019 SUBS AT METROTOWER FITNESS

Dec 02 1:10pm – Lubna - Zumba

Dec 09 1:10pm – Claire – Total Body Conditioning

Dec 16 1:10pm – TBA

Dec 18 5:10pm – Claire Strength & Conditioning

Dec 19 1:10pm – Marika – Total Body Conditioning

Dec 19 5:05pm – Anora - Spin

DECEMBER 23 2019 – JANUARY 03 2019

There will be NO 1:10PM + 5:05pm Classes for these 2 weeks

Dec 23 1:10pm – **NO CLASS**

Dec 23 5:05pm – **NO CLASS**

Dec 24 11:10am – **NO CLASS**

Dec 24 1:10pm – **NO CLASS**

Dec 24 5:05pm – **NO CLASS**

Dec 25 **NO CLASSES**

Dec 26 **NO CLASSES**

Dec 27 1:10pm – **NO CLASS**

Dec 27 5:05pm – **NO CLASS**

Dec 30 1:10pm – **NO CLASS**

Dec 30 5:05pm – **NO CLASS**

Dec 31 11:10am – **NO CLAS**

Dec 31 1:10pm – **NO CLASS**

Dec 31 5:05pm – **NO CLASS**

Jan 01 – **NO CLASSES**

Jan 02 1:10pm – **NO CLASS**

Jan 02 5:05pm – **NO CLASS**

Jan 03 1:10pm – **NO CLASS**

Jan 03 5:05pm – **NO CLASS**