

DECEMBER 2018

SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM-10:55 Essentrics Barre	9:00 AM - 9:30 MELT Method	9:30 AM - 10:25 Bungee 55+	9:30 AM - 10:25 Aging Backwards	9:30 AM - 10:25 Barre Strength and Stretch	9:00 AM - 9:55 Aging Backwards	9:30 AM - 10:25 Essentrics Workout
11 AM- 11:40 Classical Stretch	9:35 AM - 10:30 Gentle Pilates	11:30 AM - 12:25 Pilates Suspension	10:35 AM - 11:30 Aging Backwards	10:35 AM - 11:30 Pilates	10:30 AM - 11:25 Bungee 55+	
12:00 PM -12:55 Bungee FIT	11:00 AM - 11:55 Gentle Bungee					Salsa Group Studio Rental
(Dec 30) 1:00 PM – 1:45 Bungee INTRO						
	5:00 PM - 05:55 Intermediate Pilates		5:15 PM - 6:10 Essentrics Barre	5:30 PM - 6:25 Iron Barre	5:30 PM - 6:25 Pilates Workout	
	6:05 PM - 7:00 Barre Workout	Foundations Training Studio Rental (4:00 PM – 7:00)	6:15 PM - 7:00 Bungee Workout	6:35 PM - 7:30 Bungee Playground		
			(Dec 5) 6:15 PM – 7:00 Bungee INTRO	(Dec 20) 6:30PM – 7:15 Bungee INTRO	(Dec 14) 5:30PM – 6:15 Bungee INTRO	
	7:05 PM - 08:00 Athletic Stretch & Strength	7:15 PM – 8:15 Zumba	7:15 PM – 8:15 Zumba Toning	7:35 PM - 8:30 Aging Backwards		

Check online ([studiofitnessvictoria.com](http://studiofitnessvictoria.com)) for changes to the schedule during the holidays.

Zumba, Foundations Training and Salsa classes are independently organized through studio rentals.