



# CLASS SCHEDULE

# December 2015

1340 Montondon Ave (Lower Level - Studio B), Waunakee  
 (Downstairs from Blowin' Smoke BBQ)

www.monroerealtraining.com/classes/ → *Single Classes, Packages, & RSVP Available Online*

Phone: 608-235-8258

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1  <b>6:00-7:00 PM</b> ZUMBA® Heidi	2 <b>5:30-6:20 AM</b> BUTTS & GUTS Connie	3  <b>NO CLASSES</b>	4 <b>5:30-6:20 AM</b> FUNCTIONAL FITNESS (FF) BOOT CAMP Kevin <b>10:00-11:30 AM</b> OPEN GYM	5  <b>8:00-10:00 AM</b> FAMILY OPEN GYM & JUMP ROPE CHALLENGE Connie
6	7 <b>5:30-6:20 AM</b> FUNCTIONAL FITNESS (FF) BOOT CAMP Connie <b>5:00-7:00 PM</b> FAMILY OPEN GYM	8  <b>6:00-7:00 PM</b> ZUMBA® Heidi	9 <b>5:30-6:20 AM</b> BUTTS & GUTS Connie  <b>5:15-6:15 PM</b> KIDS (AGES: 8-13) BOOT CAMP Connie	10  <b>5:00-7:00 PM</b> OPEN GYM Kevin	11 <b>5:30-6:20 AM</b> FUNCTIONAL FITNESS (FF) BOOT CAMP Kevin <b>10:00-11:30 AM</b> OPEN GYM	12  <b>8:00-10:00 AM</b> FAMILY OPEN GYM & PULL-UP CHALLENGE Connie
13	14 <b>5:30-6:20 AM</b> FUNCTIONAL FITNESS (FF) BOOT CAMP Connie <b>5:00-7:00 PM</b> FAMILY OPEN GYM	15  <b>6:00-7:00 PM</b> ZUMBA® Heidi	16 <b>5:30-6:20 AM</b> BUTTS & GUTS Connie  <b>5:15-6:15 PM</b> KIDS (AGES: 8-13) BOOT CAMP Connie	17  <b>5:00-7:00 PM</b> OPEN GYM Kevin	18 <b>5:30-6:20 AM</b> FUNCTIONAL FITNESS (FF) BOOT CAMP Kevin <b>10:00-11:30 AM</b> OPEN GYM	19  <b>8:00-10:00 AM</b> FAMILY OPEN GYM & SQUAT CHALLENGE Connie
20	21 <b>5:30-6:20 AM</b> FUNCTIONAL FITNESS (FF) BOOT CAMP Connie <b>5:00-7:00 PM</b> FAMILY OPEN GYM	22  <b>6:00-7:00 PM</b> ZUMBA® Heidi	23 <b>5:30-6:20 AM</b> BUTTS & GUTS Connie  <b>5:15-6:15 PM</b> KIDS (AGES: 8-13) BOOT CAMP Connie	24  <b>NO CLASSES</b>	25  <b>NO CLASSES</b>	26  <b>8:00-10:00 AM</b> FAMILY OPEN GYM & PUSH-UP CHALLENGE Connie
27	28 <b>5:30-6:20 AM</b> FUNCTIONAL FITNESS (FF) BOOT CAMP Connie <b>5:00-7:00 PM</b> FAMILY OPEN GYM	29  <b>6:00-7:00 PM</b> ZUMBA® Heidi	30 <b>5:30-6:20 AM</b> BUTTS & GUTS Connie  <b>5:15-6:15 PM</b> KIDS (AGES: 8-13) BOOT CAMP Connie	31  <b>5:00-7:00 PM</b> FAMILY OPEN GYM Kevin		

**FREE OPEN GYMS = DECEMBER**