



DECEMBER 2024



SUN	MON	TUE	WED	THU	FRI	SAT
1 Walk20: JH 11/2/23 YF10: DM 10/17/23 (hips)	2 C10: EL 2/15/24 G&L10: BA 3/4/24 G&L20: AW 3/5/24	3 C10: RK 12/22/23 C&B10: RA 12/5/23 A&S20: AW 1/6/24	4 Pilates10: Aditi 7/30/24 Barre10: HC 7/22/24 FB20: AS 8/19/24	5 YF20: CJR 3/20/24 (twists) Stretch10: RK 4/15/24	6 C10: OA 5/11/23 YOCO10: Kirra 3/15/23 G&L20: EJ 8/17/23	7 C10: RK 10/12/23 C&B20: AS 11/13/23 A&S10: TO 10/23/23
8 Walk20: JK 9/11/24 YF10: MF 9/22/24 (runners)	9 Barre10: HC 1/15/24 (core) G&L20: JS 1/10/24 G&L10: TO 1/9/24	10 C10: EL 12/8/23 YF10: CJR 12/18/23 (upper) UB20: RL 11/24/23	11 Pilates20: KM 3/22/24 Flash15: JS 3/31/24	12 YF20: MF 2/14/24 (runners) Stretch10: JK 3/12/24	13 C10: RK 11/17/23 YF10: CJR 12/13/23 (lower) G&L20: AW 12/19/23	14 C10: RL 12/20/23 ALW10: KF 1/10/24 UB20: JJ 11/28/23
15 Walk20: AT 12/21/23 YF10: RR 1/3/24 (downward dog)	16 C10: BA 4/4/24 G&L10: JJ 3/20/24 G&L20: SS 3/15/24	17 RBC10: MM 12/5/22 C&B20: RA 1/16/24 A&S10: CT 3/1/22	18 Pilates20: Aditi 4/9/24 FB20: AA 4/9/24	19 YF20: AG 4/16/24 (healthy back) Stretch10: AL 3/25/24	20 C10: KW 9/20/24 Barre10: HC 10/4/24 (G&L) G&L20: KW 10/4/24	21 C10: JJ 10/4/24 C&B10: RL 10/3/24 A&S20: LA 9/23/24
22 Walk20: JH 9/4/24 YF10: NS 6/7/24	23 Barre10: AL 1/31/24 (core) YF10: KM 3/30/22 (glutes) BW20: AS 8/29/23	24 YF10: KM 11/22/23 (core) C&B10: RK 1/19/24 YOCO10: MF 3/15/23 A&S10: TO 1/24/24	25 SFR10: MW 10/31/23 HIIT10: CG 11/8/23 SFR10: MW 10/31/23 HIIT10: CG 11/8/23	26 YF20: KM 1/17/24 Stretch10: EJ 1/11/24	27 C10: BA 2/5/24 Barre10: AL 7/19/23 (glutes) BW10: LA 1/2/24 HIIT10: AS 11/13/23	28 C10: SS 12/1/23 BW20: AW 2/24/22 YF10: KM 10/17/22 (chaturanga)
29 Walk20: JH 6/13/24 YF10: Kirra 8/6/24 (back)	30 C10: JJ 2/15/24 Barre10: HC 2/19/24 (glutes) Barre10: HC 2/26/24 Barre10: HC 2/19/24 (glutes)	31 Barre10: AL 9/10/24 (core) Flash15: JS 3/3/23	<i>Happy</i> HOLIDAYS		PAY #HARDCORE Venmo: nicoletripleGfitness Paypal (LINKED)	

