

THE FIT FACTORY, PICKENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10am Yoga (Acro)- Kit
2	3 6pm Bootcamp- Katrina 7pm Yoga- Kit	4 7pm House Party Fitness- Fallon	5 9:30am Yoga Flow- Tyler 6pm RIPPED- Nina	6 5pm All levels Yoga- Kit 6pm Zumba Toning- Sherrie	7	8 10am Yoga (Acro)- Kit
9	10 6pm Bootcamp- Toni 7pm Yoga- Tyler	11 7pm House Party Fitness- Leslie	12 9:30am Yoga Flow- Ellie 7pm Bombshell Dance Fitness- Fallon	13 5pm All levels Yoga- Kit 6pm Holiday HIIT Hop Hustle- Toni	14	15 10am Yoga (Acro)- Kit
16	17 6pm Bootcamp- Elyse 7pm Yoga- Kit	18 7pm House Party Fitness- Fallon	19 9:30am Yoga Flow- Tyler 7pm Bombshell Dance Fitness- Leslie	20 5pm All levels Yoga- Kit *No pm fitness class*	21	22 10am Yoga (Acro)- Kit
23	24 Christmas Eve, No classes.	25 Merry Christmas! No classes.	26 No am Yoga- 7pm House Party Fitness- Fallon	27 5pm All levels Yoga- Kit 6pm HIIT Hop- Katrina	28	29 10am Yoga (Acro)- Kit
30	31 No classes					

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