

# Practice: December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 10a Matwork [Kitty]  CEC Workshops	2 <b>HAPPY HANUKKAH!</b>
3 7p Matwork [Anaka]	4	5 7p Group Reformer [Kitty]	6 5p 30-Minute Jumpboard Class [Jenny]  530p Group Circuit w/ Equipment [Matt]  630p Group Reformer & Equipment [Matt]	7	8 10a Matwork [Kitty]	9
10 7p Matwork [Anaka]	11	12 7p Group Reformer [Kitty]	13 5p 30-Minute Jumpboard Class [Jenny]  530p Group Circuit w/ Equipment [Matt]  630p Group Reformer & Equipment [Matt]	14	15 10a Matwork [Kitty]	16
17 7p Matwork [Anaka]	18	19 7p Group Reformer [Kitty]	20 5p 30-Minute Jumpboard Class [Jenny]  530p Group Circuit w/ Equipment [Matt]  630p Group Reformer & Equipment [Matt]	21	22 10a Matwork [Kitty]	23
24 7p Matwork <b>[CANCELLED]</b>	25 <b>MERRY CHRISTMAS!</b>	26 7p Group Reformer [Kitty]	27 5p 30-Minute Jumpboard Class [Jenny]  530p Group Circuit w/ Equipment [Matt]  630p Group Reformer & Equipment [Matt]	28	29	30
31 7p Matwork <b>[CANCELLED]</b>						

## EVENTS

PRACTICE FITNESS  
5575 FAR HILLS AVE  
DAYTON, OH 45429  
937-432-9399 (STUDIO)  
WWW.PRACTICE.FITNESS

### CLASS CHANGES:

The 7p Matwork class on Monday, December 24, is cancelled in celebration of the holiday.

The 7p Matwork class on Monday, December 31, is cancelled in celebration of New Year's Eve.

