

THE RITTENHOUSE

SPA & CLUB - HAIR BY PAUL LABRECQUE

December Small Group Training

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1 8:30am (60min) <i>Body Sculpt</i> - Rachel 11am (60min) <i>Barre Core</i> - Harlan
2 11am (60min) <i>Water BarreLates</i> - Harlan	3 7:15am (60min) <i>Vinyasa</i> - Daria 8:15am (60min) <i>Body Sculpt</i> - Katie 11:30am (60min) <i>Water Fitness</i> - Harlan 6:00pm (60min) <i>DanceFit</i> - Daria	4 7:00am (60min) <i>Cardio Blast</i> - Rachel 8:30am (60min) <i>Body Sculpt</i> - Katie 11:30am (60min) <i>Water Fitness</i> - Harlan	5 7:45am (60min) <i>BarreLates</i> - Daria	6 7:30 am (60min) <i>Cross Circuits</i> - Robin 8:30am (60min) <i>Yin-Yasa</i> - Kelly	7 7:00am (60min) <i>Body Circuit</i> - Marie 8:00am (60min) <i>Relax Into Stretch</i> - Daria 11:30am (60min) <i>Water Fitness</i> - Harlan	8 8:30am (60min) <i>Body Sculpt</i> - Katie 11am (60min) <i>Barre Core</i> - Harlan
9 11am (60min) <i>Water BarreLates</i> - Harlan	10 7:15am (60min) <i>Vinyasa</i> - Kelly 8:15am (60min) <i>Body Sculpt</i> - Katie 11:30am (60min) <i>Water Fitness</i> - Harlan 6:00pm (60min) <i>DanceFit</i> - Daria	11 7:00am (60min) <i>Cardio Blast</i> - Rachel 8:30am (60min) <i>Body Sculpt</i> - Katie 11:30am (60min) <i>Water Fitness</i> - Harlan	12 7:45am (60min) <i>BarreLates</i> - Kelly	13 7:30 am (60min) <i>Cross Circuits</i> - Robin 8:30am (60min) <i>Yin-Yasa</i> - Kelly	14 7:00am (60min) <i>Body Circuit</i> - Rachel 8:00am (60min) <i>Relax Into Stretch</i> - Daria 11:30am (60min) <i>Water Fitness</i> - Harlan	15 8:30am (60min) <i>Body Sculpt</i> - Katie 11am (60min) <i>Barre Core</i> - Harlan
16 11am (60min) <i>Water BarreLates</i> - Harlan	17 7:15am (60min) <i>Vinyasa</i> - Kelly 8:15am (60min) <i>Body Sculpt</i> - Katie 11:30am (60min) <i>Water Fitness</i> - Harlan 6:00pm (60min) <i>DanceFit</i> - Daria	18 7:00am (60min) <i>Cardio Blast</i> - Rachel 8:30am (60min) <i>Body Sculpt</i> - Katie 11:30am (60min) <i>Water Fitness</i> - Harlan	19 7:45am (60min) <i>BarreLates</i> - Kelly	20 7:30 am (60min) <i>Cross Circuits</i> - Robin 8:30am (60min) <i>Yin-Yasa</i> - Kelly	21 7:00am (60min) <i>Body Circuit</i> - Marie 8:00am (60min) <i>Relax Into Stretch</i> - Daria 11:30am (60min) <i>Water Fitness</i> - Harlan	22 8:30am (60min) <i>Body Sculpt</i> - Katie 11am (60min) <i>Barre Core</i> - Harlan
23 11am (60min) <i>Water BarreLates</i> - Harlan	24 7:15am (60min) <i>Vinyasa</i> - Kelly 8:15am (60min) <i>Body Sculpt</i> - Jane 11:30am (60min) <i>Water Fitness</i> - Harlan	25 8:30am (60min) <i>Body Sculpt</i> - Jane 11:30am (60min) <i>Water Fitness</i> - Harlan	26 7:45am (60min) <i>BarreLates</i> - Kelly	27 7:30 am (60min) <i>Cross Circuits</i> - Robin 8:30am (60min) <i>Yin-Yasa</i> - Kelly	28 7:00am (60min) <i>Body Circuit</i> - Marie 8:00am (60min) <i>Relax Into Stretch</i> - Daria 11:30am (60min) <i>Water Fitness</i> - Harlan	29 8:30am (60min) <i>Body Sculpt</i> - Katie 11am (60min) <i>Barre Core</i> - Harlan
30 11am (60min) <i>Water BarreLates</i> - Harlan	31 7:15am (60min) <i>Vinyasa</i> - Kelly 8:15am (60min) <i>Body Sculpt</i> - Katie 11:30am (60min) <i>Water Fitness</i> - Harlan					