



DECEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:15 – Ball Exercise	3 9:15 – Sit Down and Tone Up	4 9:15 – Dance	5 9:15 - Posture	6 9:15 - Sit Down Tone Up	7
8	9 9:15 – Ball Exercise	10 9:15 – Sit Down and Tone Up	11 9:15 – Dance	12 9:15 - Posture	13 9:15 - Sit Down Tone Up	14
15	16 9:15 – Ball Exercise	17 9:15 – Sit Down and Tone Up	18 9:15 – Dance	19 9:15 - Posture	20 9:15 - Sit Down Tone Up	21 9:15 – Ball Exercise
22 9:15 - Sit Down Tone Up	23 9:15 - Posture	24	25 	26 	27 9:15 - Sit Down Tone Up	28
29	30 9:15 – Ball Exercise	31 9:15 – Sit Down and Tone Up				