

Lakeland Courthouse Group Exercise

Holiday Schedule 2011

Saturday, Dec. 24th - all classes offered

Monday, December 26th

5:40 a.m. - Abs - Lou

6:00 a.m. - Spin - Lou

8:30 a.m. - Power Sculpt - Michele

9:30 a.m. - Spin - Heather

4:30 p.m. - Spin - Chris

Saturday, December 31st - all classes offered

Sunday, January 1st

2:45 p.m. - Spin - Marika

4:00 - Yoga - Jean

