



# December 2017



## CYCLE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:15 AM (30) -DP	2 8:15 AM (45) -KW
3	4 6:30 AM (45) -AO 9:15 AM (30)- SB 5:00 PM (30) - DP 6:15 PM (45) - AO	5 6:30 AM (45) -AO 9:15 AM (30)- CF 5:00 PM (30) - AO	6 6:30 AM (45) -KW 9:15 AM (30)- DP 5:00 PM (30) - CDM 6:15 PM (45) - AO	7 9:15 AM (30) -CDM 5:00 PM (30) -DD	8 9:15 AM (30) -DP	9 8:15 AM (45) -KW
10	11 6:30 AM (45) -AO 9:15 AM (30)- SB 5:00 PM (30) - DP 6:15 PM (45) - AO	12 6:30 AM (45) -AO 9:15 AM (30)- CF 5:00 PM (30) - DP	13 6:30 AM (45) -KW 9:15 AM (30)- DP 5:00 PM (30) - CDM 6:15 PM (45) - AO	14 9:15 AM (30) -CDM 5:00 PM (30) -DD	15 9:15 AM (30) -DP	16 8:15 AM (45) -KW
17	18 6:30 AM (45) -AO 9:15 AM (30)- SB 5:00 PM (30) - DP 6:15 PM (45) - AO	19 6:30 AM (45) -AO 9:15 AM (30)- CF 5:00 PM (30) - DP	20 6:30 AM (45) -KW 9:15 AM (30)- DP 5:00 PM (30) - CDM 6:15 PM (45) - AO	21 9:15 AM (30) -CDM 5:00 PM (30) -DD	22 9:15 AM (30) -DP <b>Ugly Christmas Sweater Special @10 in the GF room</b>	23 <b>60min Holiday Special 8:15 AM (60)-DP</b>
24 Club Open 8-4	25 CLUB CLOSED Happy Holidays 	26 NO 6:30am cycle 9:15 AM (30)- DD 5:00 PM (30) - DP	27 6:30 AM (45) -KW 9:15 AM (30)- DP 5:00 PM (30) - CDM 6:15 PM (45) - AO	28 9:15 AM (30) -CDM 5:00 PM (30) -DD	29 9:15 AM (30) -DP	30 8:15 AM (45) -KW
31 Club Open 8-4						