

December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8 7:30-8:30am Strength & Stretch Flow @ TKO Fitness
9 9:30-10:30 Vinyasa Flow @ McHugh Brazilian Jiu Jitsu	10	11	12	13	14 5:00-8:00pm Sykes & Lanno Skin Bar Grand Opening Event	15 7:30-8:30am Strength & Stretch Flow @ TKO Fitness
16 9:30-10:30 Vinyasa Flow @ McHugh Brazilian Jiu Jitsu	17	18	19	20	21	22 7:30-8:30am Strength & Stretch Flow @ TKO Fitness
28	24	25	26	27	28	29 7:30-8:30am Strength & Stretch Flow @ TKO Fitness
30	31					

