


Holiday Class Schedule 2025 12/29 - 01/03

	Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/01	Friday 1/02	Saturday 1/03
8:00-9:00am		8:15am *Cycle Sarah		HAPPY NEW YEAR!		8:30am *Barre Therese
9:00-10:00am	9am *Yoga Sarah	9am *Barre Therese	9am *Gentle Yoga Therese	Fit Closed	9am *Yoga Flow Therese	9:30am Yoga Flow Therese
10:00-11:00am	10am *Butts & Guts Sarah	10am *Yoga Flow Therese			10am *Chair Yoga & Strength Therese	
11:00a-12:00p		11am *Pilates Therese	Fit Closes @12pm			
5:30-6:30pm						
	Holiday Hours: Monday - Tuesday 6am - 7pm Wednesday 12/24 & 12/31 6am - 12pm Thursday 12/25 & 1/01 CLOSED Friday 12/26 & 1/02 6am - 5pm Saturday 8am - 1pm Sunday 9am - 1pm		* 45 minute class HOLIDAY HOURS: 12/24 & 12/31 CLOSING at 12pm 12/25 & 01/01 CLOSED		Contact us: 301-432-5206 staff.fitinboonsboro@gmail.com 