CLASS SCHEDULE DECEMBER 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 6:30-8pm: Endurance Cali	**2** 6:30-8pm: Flags (Darren Cover)	**3** 5:30-6:30pm: Mobility & Flexibility 6:30-8pm: Muscle-Ups 8-9PM - TEAM ENDURANCE	**4** X NO CLASS X	**5** 9-10:30am: Rings 10:30am- 11:30am: Mobility & Flexibility 11:30-12:30 PM - TEAM ENDURANCE	**6** 8:45-9:45am: Yoga For Cali 10am-1pm: Beginner Handstand Workshop
7 6-7PM - TEAM ENDURANCE 7-8:30pm: FIRST PULL-UP/ DIP & Open Skills Class	**8** 6:30-8pm: Street Lifting	**9** 6:30-8pm: Handstands	**10** 5:30-6:30pm: Mobility & Flexibility 6:30-8pm: Flags 8-9PM - TEAM ENDURANCE	**11** X NO CLASS X	**12** 9-10:30am: Levers 10:30am-12pm: Handstands 12-1PM - TEAM ENDURANCE	**13** 10-11am: Yoga For Cali 11am-1PM: RUAT
14 6-7PM - TEAM ENDURANCE 7-8:30pm: FIRST PULL-UP/ DIP & Open Skills Class	**15** 6:30-8pm: Handstands	**16** 6:30-8pm: Beginner Push & Pull	**17** 5:30-6:30pm: Mobility & Flexibility 6:30-8pm: Rings 8-9PM - TEAM ENDURANCE	**18** X NO CLASS X	**19** 9-10:30am: Mixed Calisthenics 10:30am-12pm: Mixed Calisthenics 12-1PM - TEAM ENDURANCE	**20** 10-11am: Flexibility & Mobility
21 6-7PM - TEAM ENDURANCE 7-8:30pm: FIRST PULL-UP/ DIP & Open Skills Class	**22** 6:30-8pm: Levers	**23** 6:30-8pm: Mixed Calisthenics (Festive Edition)	**24** 9:30- 10:30 AM - TEAM ENDURANCE 10:30-12pm: Handstands	**25** X NO CLASS X	**26** X NO CLASS X	**27** X NO CLASS X
28 X NO CLASS X	**29** X NO CLASS X	**30** X NO CLASS X	**31** 10:30-12pm: Flags			

Merry Christmas

= Main Classes

= Beginner Classes

= TEAM ENDURANCE

= Mobility/ Yoga Classes

= Rock Up and Train (RUAT)

DR CALISTHENICS