

# Forever ATHlete Calendar

December 18th - December 23rd



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Upper / Lower Body</i>	<i>Upper / Lower Body</i>	<i>Core</i>	<i>Power / H.I.I.T</i>	<i>Power / H.I.I.T</i>	<i>Boot Camp</i>
5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:00am - 10:00am	5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:00am - 10:00am	5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:00am - 10:00am	5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:00am - 10:00am	5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:00am - 10:00am	
-	-	-	-	-	Closed for the Holiday
4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm	4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm	4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm	4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm	4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm	

Download our app or call to schedule classes

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# Forever ATHlete Calendar

December 25th - December 30th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Upper / Lower Body</i>	<i>Upper / Lower Body</i>	<i>Core</i>	<i>Power / H.I.I.T</i>	<i>Power / H.I.I.T</i>	<i>Boot Camp</i>
	5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:00am - 10:00am	5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:00am - 10:00am	5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:00am - 10:00am	5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:00am - 10:00am	
<b>Closed for the Holiday</b>	-	-	-	-	<b>Closed for the Holiday</b>
	4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm	4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm	4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm	4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm	

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# Forever ATHlete Calendar

January 1st - January 6th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Upper / Lower Body</i></p> <p><i>Happy New Year</i></p> <p><b>Closed for the Holiday</b></p>	<p><i>Upper / Lower Body</i></p> <p>5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:00am - 10:00am</p> <p>-</p> <p>4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm</p>	<p><i>Core</i></p> <p>5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:00am - 10:00am</p> <p>-</p> <p>4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm</p>	<p><i>Power / H.I.I.T</i></p> <p>5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:00am - 10:00am</p> <p>-</p> <p>4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm</p>	<p><i>Power / H.I.I.T</i></p> <p>5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:00am - 10:00am</p> <p>-</p> <p>4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm</p>	<p><i>Boot Camp</i></p> <p>9:00am - 10:00am</p>

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