	Monday	Tuesd	ay	Wednesday	Thursday	Friday	Saturday
		Classes, and view password log in to fchcfitness.antaris	sign up for classes, view On Demand asses, and view the monthly Ring Central assword log in to your online portal at: hcfitness.antaris.us OR contact the front desk.			2	3
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		5	6	7	8	9	10
لىل		10:00AM-SS	CLASSIC ®		10:00AM-SS CLASSIC®		
		6:00PM-	YOGA		6:00PM-YOGA		
		12	13	14	15	16	17
		12 10:00AM-SS			10:00AM-SS CLASSIC®	10	17
		6:00PM-	YOGA		6:00PM-YOGA		
لىا							
		19	20	21	22	23	24
ل		10:00AM-SS	CLASSIC®		10:00AM-SS CLASSIC®		
		6:00PM-	YOGA		6:00PM-YOGA		
لىا							
		26	27	28	29	30	31
	Merry	10:00AM-SS	CLASSIC®		10:00AM-SS CLASSIC®		
	Merry Christma	6:00PM-	YOGA		6:00PM-YOGA		
				<u> </u>			



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Class pass fchct	gn up for classes, view ses, and view the mont word log in to your onli fitness.antaris.us OR co	hly Ring Central ne portal at: ontact the front desk.	1 4:30PM-CIRCUIT STRENGTH 5:30PM-TOTAL BODY	2	3
	5 6:30PM-YOGA	6 4:30PM-CIRCUIT STRENGTH 5:30PM-TOTAL BODY	7 4:30PM-POUND®	8 4:30PM-CIRCUIT STRENGTH 5:30PM-TOTAL BODY	9	10
N	12 6:30PM-YOGA	13 4:30PM-CIRCUIT STRENGTH 5:30PM-TOTAL BODY	14 4:30PM-POUND®	15 4:30PM–CIRCUIT STRENGTH 5:30PM–TOTAL BODY	16	17
دی لیا	19 6:30PM-YOGA	20 4:30PM-CIRCUIT STRENGTH 5:30PM-TOTAL BODY	21 4:30PM-POUND®	22 4:30PM-CIRCUIT STRENGTH 5:30PM-TOTAL BODY	23	24
	26 Merry Christmas	27	28 4:30PM-POUND®	29	30	31

A R C H B O L D RUIHLEY PARK PAVILION