



# The Training Toole

## December 2020 Studio Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> *Celebrate Heather* -5:00am LGF Heather -8:00am LGF Heather -12:00pm LGF Mobility/Flexibility Tyler -5:30pm LGF Strength Michele	<b>2</b> -6:00am HIIT Heather -6:45am SGPT Heather -8:00am LGF Julie -9am LGF Mobility/Flexibility Tyler -5:30pm LGF Heather	<b>3</b> -6:00am LGF Heather -8:00am LGF Heather -12:00pm LGF Mobility/Flexibility Tyler -4:30pm LGF Strength Cindy -5:30pm LGF Yoga Cindy	<b>4</b> -5:50am LGF Heather -6:45am SGPT Amber	<b>5</b> -7:45am LGF Heather
<b>6</b>	<b>7</b> -5:50am LGF Heather -6:45am SGPT Amber -8:00am LGF Heather -5:30pm LGF Heather	<b>8</b> -5:00am LGF Heather -8:00am LGF Heather -12:00pm LGF Mobility/Flexibility Tyler -5:30pm LGF Strength Michele	<b>9</b> -6:00am HIIT Heather -6:45am SGPT Heather -8:00am LGF Tyler -9am LGF Mobility/Flexibility Tyler -5:30pm LGF Heather	<b>10</b> -6:00am LGF Heather -8:00am LGF Heather -12:00pm LGF Mobility/Flexibility Tyler -4:30pm LGF Strength Cindy -5:30pm LGF Yoga Cindy	<b>11</b> -5:50am LGF Heather -6:45am SGPT Amber	<b>12</b> -7:45am LGF Michele

<p><b>13</b></p>	<p><b>14</b></p> <p>-5:50am LGF Heather -6:45am SGPT Amber -8:00am LGF Heather -5:30pm LGF Heather</p>	<p><b>15</b></p> <p>-5:00am LGF Heather -8:00am LGF Heather -12:00pm LGF Mobility/Flexibility Tyler -5:30pm LGF Strength Michele</p>	<p><b>16</b></p> <p>-6:00am HIIT Heather -6:45am SGPT Heather -8:00am LGF Tyler -9am LGF Mobility/Flexibility Tyler -5:30pm LGF Heather</p>	<p><b>17</b></p> <p>-6:00am LGF Heather -8:00am LGF Heather -12:00pm LGF Mobility/Flexibility Tyler -4:30pm LGF Strength Cindy -5:30pm LGF Yoga Cindy</p>	<p><b>18</b></p> <p>-5:50am LGF Heather -6:45am SGPT Amber</p>	<p><b>19</b></p> <p>-7:45am LGF Michele</p>
<p><b>20</b></p>	<p><b>21</b></p> <p>-5:50am LGF Heather -6:45am SGPT Amber -8:00am LGF Heather -5:30pm LGF Heather</p>	<p><b>22</b></p> <p>-5:00am LGF Heather -8:00am LGF Heather -12:00pm LGF Mobility/Flexibility Tyler</p>	<p><b>23</b></p> <p>-6:00am HIIT Heather -6:45am SGPT Heather -8:00am LGF Tyler -9am LGF Mobility/Flexibility Tyler -5:30pm LGF Heather</p>	<p><b>24</b></p> <p>-6:45am LGF Heather</p>	<p><b>25</b></p> <p>MERRY CHRISTMAS!</p>	<p><b>26</b></p> <p>CLOSED</p>
<p><b>27</b></p>	<p><b>28</b></p> <p>-5:50am LGF Heather -6:45am SGPT Amber -8:00am LGF Heather -5:30pm LGF Heather</p>	<p><b>29</b></p> <p>-5:00am LGF Heather -8:00am LGF Heather -12:00pm LGF Mobility/Flexibility Tyler</p>	<p><b>30</b></p> <p>-6:00am HIIT Heather -6:45am SGPT Heather -8:00am LGF Tyler -9am LGF Mobility/Flexibility Tyler -5:30pm LGF Heather</p>	<p><b>31</b></p> <p>-6:00am LGF Heather -8:00am LGF Heather -12:00pm LGF Mobility/Flexibility Tyler</p>		