



The Training Toole

December 2024 Studio Schedule Ocala

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p>2</p> <p>-5:45am LGF Heather -6:45am GPT Amanda -8:00am LGF Becky</p> <p>-5:30pm LGF Heather</p>	<p>3</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Boxing DeAnna</p>	<p>4</p> <p>-5:45am LGF Heather -6:45am GPT Heather -8:00am LGF DeAnna</p> <p>-5:30pm LGF Kelsy -6:30pm GPT Kelsy</p>	<p>5</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Yoga Jen</p>	<p>6</p> <p>-5:45am LGF Heather -6:45am GPT Amber -8:00am LGF Becky -8:45am Mobility/Flexibility Becky</p>	<p>7</p> <p>-7:00am Run Heather</p> <p>-9:00am GPT Kelsy</p>
8	<p>9</p> <p>-5:45am LGF Heather -6:45am GPT Amanda -8:00am LGF Becky</p> <p>-5:30pm LGF Heather</p>	<p>10</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Boxing DeAnna</p>	<p>11</p> <p>-5:45am LGF Heather -6:45am GPT Heather -8:00am LGF DeAnna</p> <p>-5:30pm LGF Kelsy -6:30pm GPT Kelsy</p>	<p>12</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Yoga Jen</p>	<p>13</p> <p>-5:45am LGF Heather -6:45am GPT Amber -8:00am LGF Becky -8:45am Mobility/Flexibility Becky</p>	<p>14</p> <p>-7:00am Run Heather</p> <p>-9:00am GPT Kelsy</p>

<p>15</p>	<p>16</p> <p>-5:45am LGF Heather -6:45am GPT Amanda -8:00am LGF Becky</p> <p>-5:30pm LGF Heather</p>	<p>17</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Boxing DeAnna</p>	<p>18</p> <p>-5:45am LGF Heather -6:45am GPT Heather -8:00am LGF DeAnna</p> <p>-5:30pm LGF Kelsy -6:30pm GPT Kelsy</p>	<p>19</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Yoga Jen</p>	<p>20</p> <p>-5:45am LGF Heather -6:45am GPT Amber -8:00am LGF Becky -8:45am Mobility/Flexibility Becky</p>	<p>21</p> <p>-7:00am Run Heather</p> <p>-9:00am GPT Kelsy</p>
<p>22</p>	<p>23</p> <p>-5:45am LGF Heather -6:45am GPT Amanda -8:00am LGF Becky</p> <p>-5:30pm LGF Heather</p>	<p>24</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>Studio Closing at 12:00pm</p>	<p>25</p> <p>Studio Closed</p> <p>MERRY CHRISTMAS!!</p>	<p>26</p> <p>-7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Yoga Jen</p>	<p>27</p> <p>-5:45am LGF Heather -6:45am GPT Amber -8:00am LGF Becky -8:45am Mobility/Flexibility Becky</p>	<p>28</p> <p>-7:00am Run Heather</p> <p>-9:00am GPT Kelsy</p>
<p>29</p>	<p>30</p> <p>-5:45am LGF Heather -6:45am GPT Amanda -8:00am LGF Becky</p> <p>-5:30pm LGF Heather</p>	<p>31</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>Studio Closing at 12:00pm</p>				