



December Palm Aerobic Schedule

Monday

Cycle

5:45-6:45 PM - Van

Tuesday

Cycle

5:45-6:45 PM - Van

Wednesday

Cycle

5:30-6:30 PM- Greg

Thursday

Cycle

5:45-6:45 PM - Van

Friday

Cycle

9:00-10:00 AM - Greg

Saturday

Cycle

8:00-9:00 AM - Kelly D.