

December 2023

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY							
TBC Total Body Conditioning						*Instructors & Times are subject to change*													
CSI Cardio Strength Intervals		HIIT High Intensity Interval Training				Book your class now at potomactotalfitness.com or on the PTF App!													
12/25 CLOSED CHRISTMAS DAY																			
												1		2					
												930a	Muscle Mania	Lovely	830a	Muscle Mania	Glori		
												1030a	SPIN	Lori	930a	Zumba	Tara		
												1030a	Strong	Lovely	930a	HITT the Bike	Glori		
												1130a	Yoga Stretch	Lovely	1030a	Corre Stretch	Glori		
3		4		5		6		7		8		9							
		930a	SPIN	Lovely	515a	Bootcamp	Margaret	930a	SPIN	Lovely	515a	SPIN	Melissa	930a	Muscle Mania	Glori	830a	TBC	Margaret
		1015a	TBC	Lovely	930a	Muscle Mania	Lovely	1030a	TBC	Lovely	545a	Core	Melissa	1030a	Step it up	Glori	930a	Zumba	Tara
		5p	Kickbox	Theresa	1030a	SPIN	Lovely	5p	Muscle Mania	Glori	930a	Zumba	Lovely	1030	SPIN	Lori	930a	HITT the Bike	Laura
		5p	Spin	Megan	415p	CSI (Gym Floor)	Melissa	530p	Scenic Ride	Lovely	1030a	Boundless	Lovely			1030a	Yoga	Chandra	
		6p	TBC	Margaret	5p	Martial Arts	Theresa	545p	HITT	Glori	5p	HITT	Theresa						
				6p	Zumba	Lovely			6p	Zumba	Tondra								
10		11		12		13		14		15		16							
		930a	SPIN	Lovely	515a	Bootcamp	Margaret	930a	SPIN	Lovely	515a	SPIN	Melissa	930a	TBC	Margaret	830a	Muscle Mania	Glori
		1015a	TBC	Lovely	930a	Muscle Mania	Lovely	1030a	Barre/TBC	Lovely	545a	Core	Melissa	1030a	Bootcamp	Margaret	930a	Holiday Zumba 1.5	Tara+
		5p	Kickbox	Theresa	1030a	SPIN	Lovely	5p	Muscle Mania	Glori	930a	Zumba	Lovely	1030a	SPIN	Megan	930a	HITT the Bike	Glori
		5p	Spin	Megan	415p	CSI (Gym Floor)	Melissa	530p	Scenic Ride	Lovely	1030a	Boundless	Lovely			1030a	Boundless	Lovely	
		6p	TBC	Glori	5p	Martial Arts	Theresa	545p	HITT	Glori	5p	HITT	Theresa						
				6p	Zumba	Lovely			6p	Zumba	Tondra								
17		18		19		20		21		22		23							
		930a	SPIN	Lovely	515a	Bootcamp	Margaret	930a	SPIN	Lovely	515a	SPIN	Melissa	930a	Muscle Mania	Lovely	830a	TBC	Laura
		1015a	TBC	Lovely	930a	Muscle Mania	Lovely	1030a	Barre/TBC	Lovely	545a	Core	Melissa	1030a	Spin	Megan	930a	Zumba	Tara
		5p	Kickbox	Theresa	1030a	SPIN	Lovely	5p	Muscle Mania	Glori	930a	Zumba	Lovely	1030a	Step it Up	Lovely	930a	HITT The Bike	Laura
		5p	SPIN	Megan	415p	CSI (Gym Floor)	Melissa	530p	Scenic Ride	Megan	1030a	Boundless	Lovely			1030a	Yoga	Chandra	
		6p	TBC	Margaret	5p	Martial Arts	Theresa	545p	HITT	Glori	5p	HITT	Theresa						
				6p	Zumba	Lovely			6p	Zumba	Tondra								
24		25		26		27		28		29		30							
		NO CLASSES CLOSED Merry Christmas		515a	Boot camp	Cancelled	930a	Spin	Lovely	515a	SPIN	Melissa	930a	Muscle	Lovely	830a	Muscle Mania	Glori	
				930a	Muscle Mania	Lovely	1030a	Barre/TBC	Lovely	545a	Core	Melissa	1030a	SPIN	Megan	930a	Zumba	Tara	
				1030a	SPIN	Lovely	5p	Muscle Mania	Glori	930a	Zumba	Lovely	1030a	STRONG	Lovely	930a	HITT The Bike	Glori	
				415p	CSI (Gym Floor)	Melissa	530p	Scenic Ride	Megan	1030a	Boundless	Lovely	1130a	Yoga Stetch	Lovely	1030a	Boundless	Lovely	
				5p	Martial Arts	Theresa	545p	HITT	Glori	5p	HITT	Theresa					Candle Light		
31				6p	Zumba	Lovely			6p	Zumba	Tondra								

New Year's Eve