wilsonymcamontgomery@gmail.com

Dec 2025 (Central Time - Chicago)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
	8:15am - Y Ride @ Cycle	8:30am - Les Mills SPRIN1	8:30am - Muscle Mix @	8:30am - Les Mills SPRIN1	8:15am - Total Body	8am - Y GLide @ Group X
	8:30am - Y Glide @ Group	8:30am - Women and	9:30am - Theraputic	8:30am - Strength and	8:30am - Y GLIDE @ Glide	
	9:15am - Women and	9:30am - Les Mills	10:45am - Y Glide @	5:30pm - Y Glide @ Glide	8:30am - Y Ride @ Cycle	
	9:30am - Restorative	5:30pm - Y GLIDE	5:30pm - Les Mills	6:30pm - Line Dancing @	9:30am - Restorative Yoga	
	9:30am - Y GLIDE @				9:30am - Y GLIDE @ Glide	
	5:30pm - Les Mills					
7	8	9	10	11	12	13
	8:15am - Y Ride @ Cycle	8:30am - Les Mills SPRIN1	8:30am - Muscle Mix @	8:30am - Les Mills SPRIN1	8:15am - Total Body	8am - Y GLide @ Group X
	8:30am - Y Glide @ Group	8:30am - Women and	9:30am - Theraputic	8:30am - Strength and	8:30am - Y GLIDE @ Glide	
	9:15am - Women and	9:30am - Les Mills	10:45am - Y Glide @	5:30pm - Y Glide @ Glide	8:30am - Y Ride @ Cycle	
	9:30am - Restorative	5:30pm - Y GLIDE	5:30pm - Les Mills	6:30pm - Line Dancing @	9:30am - Restorative Yoga	
	9:30am - Y GLIDE @				9:30am - Y GLIDE @ Glide	
	5:30pm - Les Mills					
14	15	16	17	18	19	20
	8:15am - Y Ride @ Cycle	8:30am - Les Mills SPRIN1	8:30am - Muscle Mix @	8:30am - Les Mills SPRIN	8:15am - Total Body	8am - Y GLide @ Group X
	8:30am - Y Glide @ Group	8:30am - Women and	9:30am - Theraputic	8:30am - Strength and	8:30am - Y GLIDE @ Glide	
	9:15am - Women and	9:30am - Les Mills	10:45am - Y Glide @	5:30pm - Y Glide @ Glide	8:30am - Y Ride @ Cycle	
	9:30am - Restorative	5:30pm - Y GLIDE	5:30pm - Les Mills	6:30pm - Line Dancing @	9:30am - Restorative Yoga	
	9:30am - Y GLIDE @				9:30am - Y GLIDE @ Glide	
	5:30pm - Les Mills					
21	22	23	24	25	26	27
	8:15am - Y Ride @ Cycle	8:30am - Les Mills SPRIN1	8:30am - Muscle Mix @	8:30am - Les Mills SPRIN1	8:15am - Total Body	8am - Y GLide @ Group X
	8:30am - Y Glide @ Group	8:30am - Women and	9:30am - Theraputic	8:30am - Strength and	8:30am - Y GLIDE @ Glide	
	9:15am - Women and	9:30am - Les Mills	10:45am - Y Glide @	5:30pm - Y Glide @ Glide	8:30am - Y Ride @ Cycle	
	9:30am - Restorative	5:30pm - Y GLIDE	5:30pm - Les Mills	6:30pm - Line Dancing @	9:30am - Restorative Yoga	
	9:30am - Y GLIDE @				9:30am - Y GLIDE @ Glide	
	5:30pm - Les Mills					
28	29	30	31	1	2	3
	8:15am - Y Ride @ Cycle	8:30am - Les Mills SPRINT	8:30am - Muscle Mix @	8:30am - Les Mills SPRINT	8:15am - Total Body	8am - Y GLide @ Group X
	8:30am - Y Glide @ Group	8:30am - Women and	9:30am - Theraputic	8:30am - Strength and	8:30am - Y GLIDE @ Glide	
	9:15am - Women and	9:30am - Les Mills	10:45am - Y Glide @	5:30pm - Y Glide @ Glide	8:30am - Y Ride @ Cycle	
	9:30am - Restorative	5:30pm - Y GLIDE	5:30pm - Les Mills	6:30pm - Line Dancing @	9:30am - Restorative Yoga	
	9:30am - Y GLIDE @				9:30am - Y GLIDE @ Glide	
	5:30pm - Les Mills					
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