



Holiday PARTY

DECEMBER 20



6:30 - 8:00 PM

You're invited for some holiday cheer to celebrate this special time of year!


Join us in the PH III Resident Lounge for food, festive cocktails, a photobooth and fun for everyone.

*HOLIDAY ATTIRE
IS HIGHLY
ENCOURAGED.*



2023 December



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 	28	29	30	01	02
03	04 6 PM METCON Cameron 7 PM YOGA Carrie	05 7 PM BOOTCAMP Melinda	06 6 PM METCON Cameron 7 PM YOGA Carrie	07 7 PM BURN Melinda	08	09
10	11 6 PM METCON Cameron 7 PM YOGA Carrie	12 7 PM BOOTCAMP Melinda	13 6 PM METCON Cameron 7 PM YOGA Carrie	14 7 PM BURN Melinda	15	16
17	18 6 PM METCON Cameron 7 PM YOGA Carrie	19 7 PM BOOTCAMP Melinda	20 6 PM METCON Cameron 7 PM YOGA Carrie	21 7 PM BURN Melinda	22	23
24	25 Happy Holiday! No Classes	26 No Class	27 No Classes	28 No Class	29	30
31	01 Happy New Year! No Classes	<p>Classes are held in the gym in phase 2 for residents of Cypress. <i>Bring a friend!</i> Questions? Email Emily at emily@kotawellness.com. In the event of no one in class, the instructor will stay the first 30 minutes of class before it is canceled.</p>				