

NOVEMBER FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45-6:30 AM CYCLING / BROOKE				
6:00 AM RISE AND GRIND - SM GRP TRAINING / CHANAYE		6:00 AM RISE AND GRIND - SM GRP TRAINING / CHANAYE		6:00 AM RISE AND GRIND - SM GRP TRAINING / CHANAYE NO CLASS 11/23	
8:30-9:00 AM CORE AND MORE	9:00-10:00 ZUMBA / MELANIE	8:00-9:00 BODY PUMP / BROOKE	8:30-9:30 AM YOGA / MARY NO CLASS 11/22	8:30-9:00 AM CORE AND MORE NO CLASS 11/23	
9:00 AM TONE / BROOKE	10:00-11:00 CYCLING / DAVID	9:00-10:00 PIYO / MELANIE	9:45-10:45 SENIOR STRENGTH AND MOTION / GLENN NO CLASS 11/22	9:10 AM TONE / KEATHA NO CLASS 11/23	
10:00 AM YOGA / SAM		10:00-11:00 YOGA / SAM	11:00-12:00 CYCLING / DAVID NO CLASS 11/22	10:00-11:00 AM BODY PUMP / BROOKE NO CLASS 11/23	
	4:00-5:00 PM CIRCUIT WORKOUT / CHANAYE		4:00-5:00 PM CIRCUIT WORKOUT / CHANAYE NO CLASS 11/22		
4:30-5:30 PM BODY PUMP / BROOKE	5:00-6:00 PM ALIGNMENT YOGA / TAMARA	5:30-6:00 PM CORE / BROOKE NO CLASS 11/21			
6:00-7:00 PM BODY PUMP / AMIE	6:15-7:00 PM BARRE / KEATHA	6:00-7:00 PM ZUMBA TONING / MELANIE NO CLASS 11/21	6:00-7:00 PM BODY PUMP / AMIE NO CLASS 11/22		