

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6 am Core Barre (Pennie -B) 6:45 Mat Pilates (Tuula-M) 11:10 Pilates Sweat (Karise-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Kelly-M) 5:30 Pound Rockout Workout (Lori-M)	2 8 am All Level Yoga (Lynn-Mat studio) 9:15 FIT CAMP Kettlebells (Lynn & Tuula)-M
4 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 4:30 Restorative Tai Chi (Gregg-M) 5:30 Core Barre (Karise-B) 5:30 FIT CAMP Core Barre Fusion	5 6:00 am Pi-Yo (Anne-B) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Abs (Karise-M) 12:10 pm Core Barre Pi-Yo (Tuula M/B) 4:30 Pi-Yo (Melissa-M) 5:30 All Level Yoga (Lynn-M)	6 6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates Plus (Tuula-M) 1:10 Warm Yin Yoga (Tuula-B) 5:30 Pound Rockout Workout (Lori-M)	7 6:00 Pi-Yo (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Core Barre Pi-Yo (Melissa-M/B) 12:10 pm Pi-Yo (Tuula-M) 4:30 Mat Pilates (Melissa-M) 5:30 Yogilates (Lynn-B)	8 6 am Core Barre (Pennie-B) 6:45 Mat Pilates (Tuula-M) 11:10 Pilates Sweat (Karise-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Kelly-M)	9 8 am All Level Yoga (Lynn-Mat studio) 9:15 FIT CAMP Pi-Yo (Melissa & Tuula-M)
11 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 4:30 Restorative Tai Chi (Gregg-M) 5:30 Core Barre (Karise-B) 5:30 FIT CAMP Step Express	12 6:00 am Pi-Yo (Anne-B) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Abs (Karise-M) 12:10 pm Core Barre Pi-Yo (Tuula M/B) 4:30 Pi-Yo (Melissa-M) 5:30 All Level Yoga (Lynn-M)	13 6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates Plus (Tuula-M) 1:10 Warm Yin Yoga (Tuula-B)	14 6:00 Pi-Yo (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Core Barre Pi-Yo (Melissa-M/B) 12:10 pm Pi-Yo (Tuula-M) 4:30 Mat Pilates (Melissa-M) 5:30 Yogilates (Lynn-B)	15 6 am Core Barre (Pennie -B) 6:45 Mat Pilates (Tuula-M) 11:10 Pilates Sweat (Melissa-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Kelly-M)	16 8 am All Level Yoga (Lynn-Mat studio) 9:15 FIT CAMP Sweat Pilates (Michelle & Tuula-M) 10:00 - Barre 101 - The Basic's (Tuula-B, space lim-
18 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 4:30 Restorative Tai Chi (Gregg-M) 5:30 Core Barre (Karise-B) 5:30 FIT CAMP Combo 6:15 Leadership Meeting	19 6:00 am Pi-Yo (Anne-B) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Abs (Melissa-M) 12:10 pm Core Barre Pi-Yo (Tuula M/B) 4:30 Pi-Yo (Missy-M) 5:30 All Level Yoga (Lynn-M)	20 6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates Plus (Tuula-M) 1:10 Warm Yin Yoga (Tuula-B)	21 6:00 Pi-Yo (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Core Barre Pi-Yo (Melissa-MB) 12:10 pm Pi-Yo (Tuula-M) 4:30 Mat Pilates (Melissa-M) 5:30 Yogilates (Lynn-B)	22 6 am Core Barre (Pennie-B) 6:45 Mat Pilates (Tuula-M) 11:10 Pilates Sweat (Melissa-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Kelly-M) 5:30 Pound Rockout Workout (Lori-M)	23 8 am All Level Yoga (Lynn-Mat studio) 9:15 FIT CAMP - Final Assessments
25 6 am Core Barre (Jen-B) 6:45 Core & Restore (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 4:30 Restorative Tai Chi (Gregg-M) 5:30 Core Barre (Missy-B)	26 6:00 am Pi-Yo (Anne-B) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Abs (Melissa-M) 12:10 pm Core Barre Pi-Yo (Tuula M/B) 4:30 Pi-Yo (Missy-M) 5:30 All Level Yoga (Tuula-M)	27 6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates Plus (Tuula-M) 1:10 Warm Yin Yoga (Tuula-B)	28  HAPPY 7:00 - 8:00 am Thanksgiving Holy Yoga	29 Black Friday <i>(limited practice options)</i> 8:00 Pound Rockout Workout (Lori - M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Kelly-M)	30 8 am All Level Yoga (Tuula-Mat studio)