



\*New Class \*Substitute Class

\*Canceled Class \*Paid Class

## Group Fitness Classes - November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> 8:30a-9 Grit Cardio - Rachael 9a-9:45 Pilates - Rachael	<b>2</b> 8:30a-9:30 BodyPump - Bobby 10a-11 Yoga - Katelin
					<b>6:00p-7:00</b> KickBoxing - Xay & Jared ( <b>Paid Class</b> )	
<b>3</b> No Classes	<b>4</b> 8:30a-9:30 BodyPump - Rachael	<b>5</b> 8:00a-8:30 Grit Strength - Bobby 8:30a-9:30 Stretch&Mobility-Bobby	<b>6</b> 8:30a-9:30 Zumba - Bobby	<b>7</b> 8:15a-9:15 Step Interval - Elbert	<b>8</b> 8:30a-9 Grit Cardio - Rachael 9a-9:45 Pilates - Rachael	<b>9</b> 8:30a-9:30 BodyPump - Elbert 9:45a-10:30 Stretch&Mobility-Bobby
	5:30p-6:30 BodyPump - Heather 6:30p-7:30 Zumba - Chanel	5:30p-6:30 Yoga - Katelin 6:30p-7:30 BodyCombat - Ashley	<b>6:00p-7:00</b> KickBoxing - Xay & Jared ( <b>Paid Class</b> )	6:30p-7:30 Dance Fitness - Dwight	<b>6:00p-7:00</b> KickBoxing - Xay & Jared ( <b>Paid Class</b> )	
<b>10</b> No Classes	<b>11</b> 8:30a-9:30 BodyPump - Rachael	<b>12</b> 8:00a-8:30 Grit Strength - Bobby 8:30a-9:30 Stretch&Mobility-Bobby	<b>13</b> 8:30a-9:30 Zumba - Bobby	<b>14</b> 8:15a-9:15 Step Interval - Bobby	<b>15</b> 8:30a-9 Grit Cardio - Rachael 9a-9:45 Pilates - Rachael	<b>16</b> 8:30a-9:30 BodyPump - Elbert 10a-11 Yoga - Katelin
	5:30p-6:30 BodyPump - Heather 6:30p-7:30 Zumba - Chanel	5:30p-6:30 Yoga - Katelin 6:30p-7:30 BodyCombat - Ashley	<b>6:00p-7:00</b> KickBoxing - Xay & Jared ( <b>Paid Class</b> )	6:30p-7:30 Dance Fitness - Dwight	<b>6:00p-7:00</b> KickBoxing - Xay & Jared ( <b>Paid Class</b> )	



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>17</b> No Classes	<b>18</b> 8:30a-9:30 BodyPump – Rachael	<b>19</b> 8:00a-8:30 Grit Strength – Bobby 8:30a-9:30 Stretch&Mobility-Bobby	<b>20</b> 8:30a-9:30 Zumba – Bobby	<b>21</b> 8:15a-9:15 Step Interval – Elbert	<b>22</b> 8:30a-9 Grit Cardio - Rachael 9a-9:45 Pilates - Rachael	<b>23</b> 8:30a-9:30 BodyPump - Elbert 10a-11 Yoga - Katelin
	5:30p-6:30 BodyPump – Heather 6:30p-7:30 Zumba – Chanel	5:30p-6:30 Yoga – Katelin 6:30p-7:30 BodyCombat - Lisa	6:00p-7:00 KickBoxing - Xay & Jared ( <b>Paid Class</b> )	6:30p-7:30 Dance Fitness - Dwight	6:00p-7:00 KickBoxing - Xay & Jared ( <b>Paid Class</b> )	
<b>24</b> No Classes	<b>25</b> 8:30a-9:30 BodyPump – Rachael	<b>26</b> 8:00a-8:30 Grit Strength – Bobby 8:30a-9:30 Stretch&Mobility-Bobby	<b>27</b> 8:30a-9:30 Zumba – Bobby	<b>28</b>  <i>No Classes</i>  <b>Happy Thanksgiving!</b>  <i>No Classes</i>	<b>29</b>  <i>No Classes</i>  <b>Happy Thanksgiving!</b>  <i>No Classes</i>	<b>30</b> 8:30a-9:30 BodyPump - Bobby 10a-11 Yoga - Katelin
	5:30p-6:30 BodyPump – Heather 6:30p-7:30 Zumba – Chanel	5:30p-6:30 Yoga – Katelin 6:30p-7:30 BodyCombat - Ashley	6:00p-7:00 KickBoxing - Xay & Jared ( <b>Paid Class</b> )			