



NOVEMBER 2021 GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	6:00PM BODYATTACK DENISSE	6:00 AM BODYPUMP TAMEKA		6:00 AM BODYPUMP TRISHA	6:00 AM CYCLE TAMEKA	8:30 AM BODYPUMP (TAMEKA)
5:00 PM						
5:30PM		5:00 PM YOGA JILL	6:00 PM BODYPUMP TRACEY		5:30 PM BODYPUMP CHRIS	9:30 AM Yoga Jill
6:00PM	6:00 PM BODYATTACK DENISSE			6:00 PM BODYCOMBAT JEN		

**NOTE YOGA WILL NOW START AT 9:30 AM ON SATURDAYS!