

**GROUP FITNESS SCHEDULE November 2022**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | 31 | 1 | 2 | 3 | 4 | 5 |
|  |  | Grit Strength-Bobby | GRIT/Athletic-Racheal |  |  |  |
| **8:30AM****9:30am** | Body Pump-RachealYoga-Mirka |  Cycling-Racheal | Zumba Bobby | Body Pump – Lisa | Body Combat-LisaYoga-Mirka |  |
| **4:30pm** | Stretch & Mobility-Raven |  | Yoga-Mirka |  |  |  |
| **5:30PM** | Pop Pilates-HannahCycling-Stephanie | BODYPUMP -Heather | Grit-KatrinaCycling Patrice | Stretch and Mobility-Raven |  |  |
| **6:30PM** | Zumba-Chanel | Body Combat - Ashley  |  | Body Combat-Ashley |  |  |
| **7:00PM** |  |  | Hip Hop Stephanie |  |  |  |
|  | 7 | 8 | 9 | 10 | 11 | 12 |
| **8:00AM** |  | GRIT Strength-Bobby | GRIT–Athletic Racheal |  |  |  |
| **8:30AM****9:30am** | BodyPump-RachealYoga-Mirka | Cycling-Racheal | Zumba-Bobby | Body Pump- Lisa????? | Body Combat-LisaStretch and mobility-Raven |  |
| **4:30PM** | Stretch & Mobility- Raven |  | Stretch & mobility-Raven |  |  |  |
| **5:30PM** | Pop Pilates-HannahCycling-Stephanie |  BODYPUMP – Heather | Body Pump-KatrinaCycling-Heather | Stretch and Mobility- Raven |  |  |
| **6:30PM** |  Zumba-Chanel | Body Combat –Ashley |  | Body Combat-Hannah |  |  |
| **7:00PM** |  |  | Hip Hop- Stephanie |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | 14 | 15 | 16 | 17 | 18 | 19 |
| **8:00AM** |  | GRIT Strength- Bobby | GRIT-Athletic- Racheal |  |  |  |
| **8:30AM****9:30am** | Body Pump- RachealYoga-Mirka | Cycling- Racheal | Zumba- Bobby | Body Pump- Lisa | Body Combat-LisaYoga-Mirka |  |
| **4:30pm** | Stretch & Mobility- Raven |  | Yoga-Mirka |  |  |  |
| **5:30PM** | Pop Pilates-HannahCYCLING Stephanie  | BODYPUMP - Heather  | Body Pump-KatrinaCycling-Stephanie | Stretch and Mobility- raven |  |  |
| **6:30PM** | Zumba - Chanel | Body Combat - Ashley |  | Body Combat-Ashley  |  |  |
| **7:00PM** |  |  | Hip Hop-Stephanie |  |  |  |
|  | 21 | 22 | 23 | 24 | 25 | 26 |
|  |  | GRIT Strength-Bobby | Grit athletic-Racheal |  |  |  |
| **8:30AM****9:30am** | Body Pump-Racheal Yoga-Mirka | Cycling-Racheal | Zumba – Bobby | Happy Thanks Giving |  |  |
| **4:30PM** | Stretch & Mobility- Raven |  |  |  |  |  |
| **5:30PM** | Pop pilates-HannahCycling – Stephanie  | BODYPUMP -Heather |  |  |  |  |
| **6:30PM** | Zumba - Chanel | Body Combat- Ashley |  |  |  |  |
| **7:00PM** |  |  |  |  |  |  |
|  | 28 | 29 | 30 | 1 | 2 | 3 |
| **8:00AM** |  | GRIT Strength-Bobby, | GRIT Athletic-Racheal |  |  |  |
| **8:30AM****9:30am** | Body Pump-RachealYoga-Mirka | Cycling- Racheal | Zumba - Bobby | Body Pump- Lisa | Body Combat-LisaYoga-Mirka |  |
| **4:30PM** | Stretch & Mobility- Raven |  | Yoga-Mirka |  |  |  |
| **5:30PM** | Pop Pilates HannahCycling-Stephanie  | Body Pump- Heather | Body Pump- KatrinaCycling-Patrice | Stretch and Mobility- Raven |  |  |
| **6:30PM** | Zumba-Chanel | Body Combat- Ashley |  | Body Combat- AShley |  |  |
| **7:00PM** |  |  | Hip Hop - Stephanie |  |  |  |