



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	Body Pump-Racheal	Cycling-Racheal	Zumba Bobby	Body Pump – Lisa	Body Combat-Lisa Yoga-Mirka	
9:30am	Yoga-Mirka					
4:30pm	Stretch & Mobility-Raven		Yoga-Mirka			
5:30PM	Pop Pilates-Hannah Cycling-Stephanie	BODYPUMP -Heather	Grit-Katrina Cycling 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	BodyPump-Racheal Yoga-Mirka	Cycling-Racheal	Zumba-Bobby	Body Pump- Lisa?????	Body Combat-Lisa Stretch and mobility-Raven	
9:30am						
4:30PM	Stretch & Mobility-Raven		Stretch & mobility-Raven			
5:30PM	Pop Pilates-Hannah Cycling-Stephanie	BODYPUMP – Heather	Body Pump-Katrina Cycling-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	Body Pump- Racheal	Cycling- Racheal	Zumba- Bobby	Body Pump- Lisa	Body Combat-Lisa Yoga-Mirka	
9:30am	Yoga-Mirka					
4:30pm	Stretch & Mobility-Raven		Yoga-Mirka			
5:30PM	Pop Pilates-Hannah CYCLING Stephanie	BODYPUMP - Heather	Body Pump-Katrina Cycling-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	Body Pump-Racheal	Cycling-Racheal	Zumba – Bobby	Happy Thanks Giving		
9:30am	Yoga-Mirka					
4:30PM	Stretch & Mobility-Raven					
5:30PM	Pop pilates-Hannah Cycling – 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	Body Pump-Racheal	Cycling- Racheal	Zumba - Bobby	Body Pump- Lisa	Body Combat-Lisa Yoga-Mirka	
9:30am	Yoga-Mirka					
4:30PM	Stretch & Mobility-Raven		Yoga-Mirka			
5:30PM	Pop Pilates Hannah Cycling-Stephanie	Body Pump- Heather	Body Pump- Katrina Cycling-Patrice	Stretch and Mobility-Raven		
6:30PM	Zumba-Chanel	Body Combat- Ashley		Body Combat- Ashley		
7:00PM			Hip Hop - Stephanie			