



Substitute Class Or Instructor

Group Fitness Classes - November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Classes			1 8:30a-9:30 Zumba - Bobby	2 8:15a-9:15 Step Interval - Bobby	3 8:30a-9:30 BodyPump - Rachael 9:45a-10:45 Yoga - Hannah	4 8:30a-9:30 Cycling - Rachael 10a-11 HighFitness-Emily
			7:00p-8:00 Hip Hop - Stephanie	6:30p-7:30 HighFitness - Emily		
5 No Classes	6 8:30a-9:30 BodyPump - Rachael 9:45a-10:45 Yoga - Hannah	7 8:00a-8:30 Grit Strength - Bobby 8:30a-9 Stretch&Mobility-Bobby	8 8:30a-9:30 Zumba - Bobby	9 8:15a-9:15 Step Interval - Elbert	10 8:30a-9:30 BodyPump - Lisa 9:45a-10:45 Yoga - Hannah	11 8:30-9:30 Yoga - Hannah T 10a-11 HighFitness-Emily
	5:30p-6:30 Cycling - Heather 6:30p-7:30 Zumba - Chanel	5:30p-6:30 BodyPump - Heather 6:30p-7:30 BodyCombat - Ashley	7:00p-8:00 Hip Hop - Stephanie	6:30p-7:30 HighFitness - Emily		
12 No Classes	13 8:30a-9:30 BodyPump - Rachael 9:45a-10:45 Yoga - Hannah	14 8:00a-8:30 Grit Strength - Bobby 8:30a-9 Stretch&Mobility-Bobby	15 8:30a-9:30 Zumba - Bobby	16 8:15a-9:15 Step Interval - Bobby	17 8:30a-9:30 BodyPump - Lisa 9:45a-10:45 Yoga - Hannah	18 8:30a-9:30 Cycling - Rachael 10a-11 HighFitness-Emily
	5:30p-6:30 Cycling - Heather 6:30p-7:30 Zumba - Chanel	5:30p-6:30 BodyPump - Heather 6:30p-7:30 BodyCombat - Ashley	7:00p-8:00 Hip Hop - Stephanie	6:30p-7:30 HighFitness - Emily		



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	5:30p-6:30 Cycling - Heather 6:30p-7:30 Zumba - Chanel	5:30p-6:30 BodyPump - Heather 6:30p-7:30 BodyCombat - Ashley	7:00p-8:00 Hip Hop - Stephanie			
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