

# NOVEMBER 2017

\*MUST be signed up online to attend class\*

SMARTFIT360

HWY 33

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		9:30 Derek BOOTCAMP	9:30 LeAnne COREBLAST	9:30 Derek HIIT LB	9:30 Derek BOOTCAMP
		5:30 Liz HIIT TB 6:00 Liz CORE BLAST 6:30 Liz HIIT TB	5:30 Derek BOOTCAMP 6:30 Derek BOOTCAMP		
6	7	8	9	10	11
9:30 LeAnne BOOTCAMP	9:30 Jess HIIT TB	9:30 LeAnne HIIT LB	9:30 Jess COREBLAST	9:30 Derek HIIT UB	9:30 Derek BOOTCAMP
5:30 Liz HIIT TB 6:00 Liz CORE BLAST 6:30 Liz HIIT TB	5:30 Jenny BOOTCAMP 6:00 Jenny CORE BLAST 6:30 Jenny BOOTCAMP	5:30 Liz HIIT UB 6:00 Liz CORE BLAST 6:30 Liz HIIT UB	5:30 Derek BOOTCAMP 6:30 Derek BOOTCAMP		

<p style="text-align: right;">13</p> <p>9:30 Derek HIIT TB</p> <p>5:30 Liz BOOTCAMP 6:00 Liz CORE BLAST 6:30 Liz BOOTCAMP</p>	<p style="text-align: right;">14</p> <p>9:30 LeAnne HIIT LB</p> <p>5:30 Jenny HIIT TB 6:00 Jenny CORE BLAST 6:30 Jenny HIIT TB</p>	<p style="text-align: right;">15</p> <p>9:30 Derek BOOTCAMP</p> <p>5:30pm Liz HIIT LB 6:10pm Liz CORE BLAST 6:30pm Liz HIIT LB</p>	<p style="text-align: right;">16</p> <p>9:30 LeAnne HIIT TB</p> <p>5:30 Derek HIIT UB 6:30 Derek HIIT UB</p>	<p style="text-align: right;">17</p> <p>9:30 Derek BOOTCAMP</p> <p>NO CLASS!</p>	<p style="text-align: right;">18</p> <p>NO CLASS!</p>
<p style="text-align: right;">20</p> <p>9:30 LeAnne BOOTCAMP</p> <p>5:30 Liz HIIT UB 6:00 Liz CORE BLAST 6:30 Liz HIIT UB</p>	<p style="text-align: right;">21</p> <p>9:30 Jess CORE BLAST</p> <p>5:30 Liz BOOTCAMP 6:00 Liz CORE BLAST 6:30 Liz BOOTCAMP</p>	<p style="text-align: right;">22</p> <p>9:30 LeAnne HIIT LB</p> <p>5:30 Jenny HIIT LB 6:00 Jenny CORE BLAST 6:30 Jenny HIIT LB</p>	<p style="text-align: right;">23</p> <p>HAPPY THANKSGIVING!!!!</p> <p>NO CLASS!</p>	<p style="text-align: right;">24</p> <p>NO CLASS!</p>	<p style="text-align: right;">25</p> <p>9:30am Jess HIIT TB</p>
<p style="text-align: right;">27</p> <p>9:30 Derek HIIT TB</p> <p>5:30 Liz HIIT TB 6:00 Liz CORE BLAST 6:30 Liz HIIT TB</p>	<p style="text-align: right;">28</p> <p>9:30 LeAnne CORE BLAST</p> <p>5:30 Jenny BOOTCAMP 6:00 Jenny CORE BLAST 6:30 Jenny BOOTCAMP</p>	<p style="text-align: right;">29</p> <p>9:30 LeAnne HIIT LB</p> <p>5:30 Liz HIIT UB 6:00 Liz CORE BLAST 6:30 Liz HIIT UB</p>	<p style="text-align: right;">30</p> <p>9:30 LeAnne BOOTCAMP</p> <p>5:30 Derek BOOTCAMP 6:30 Derek BOOTCAMP</p>		