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| --- | --- | --- | --- | --- | --- | --- |
| **Fit for Life 24 Apex Group Fitness NOVEMBER 2018** | | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | 29 | **30** | 31 | 1 | **2** | 3 |
| 5:40-6:30 AM | turkey-clipart-5 |  |  | BODY PUMP Tamkea |  | **LAUNCH WEEK!!!!** |
| 6:00-6:45 AM |  |  |  |  | CYCLE Tameka |  |
| 8:45-9:45 AM |  |  |  |  |  | **BODY PUMP**  **DENISE & TRACEY** |
| 9:00-10:00 AM |  |  |  |  | SMARTFIT CORE |  |
| 9:30-10:30 AM |  |  |  | CYCLE SCULPT Melissa | BODY PUMP Latoya | **BODY ATTACK**  **DENISE & JOEL** |
| 10-11:00 AM |  |  |  |  |  |  |
| 11-12:00 PM |  |  |  | SENIOR FIT Sarah | SENIOR FIT Elaine  **STARTS @ 11:30 AM** | **BODY COMBAT**  **JEN** |
| 2:00 -3:00 PM |  |  |  |  | BODY COMBAT Jen |  |
| 5:30-6:30 PM |  |  |  | BODYATTACK Brigitte | BODY PUMP Christi |  |
| 5:45- 6:30 PM |  |  |  |  |  |  |
| 6:00-7:00 PM |  |  |  | ZUMBA Anabel |  |  |
| 6:30 -7:30 PM |  |  |  | SMARTFIT HIIT LB |  |  |
| 7:00-8:00 PM |  |  |  |  |  |  |
|  | 5 | 6 | 7 | 8 | 9 | 10 |
| 5:40-6:30 AM |  | BODYPUMP Kathy | CYCLE Chris | BODY PUMP Tameka |  |  |
| 6:00-6:45 AM |  |  |  |  | CYCLE Tameka |  |
| 8:45-9:45 AM |  |  |  |  |  | BODY PUMP Denise |
| 9:00-10:00 AM | SMARTFIT HIIT UB |  |  |  | SMARTFIT HIIT UB | SMARTFIT HIIT LB |
| 9:30-10:30 AM | BODYCOMBAT - CANCELED | BODYPUMP Latoya | SMARTFIT HIIT LB | CYCLE SCULPT Melissa | BODYPUMP Latoya |  |
| 10-11:00 AM |  |  |  |  |  | BODYATTACK Joel |
| 11-12:00 PM |  | SENIOR FIT Elaine | SENIOR FIT Elaine | SENIOR FIT Elaine | SENIOR FIT Elaine  **STARTS @ 11:30 AM** |  |
| 2:00-3:00 PM | BODYPUMP Latoya |  |  |  | BODY COMBAT Jen |  |
| 5:30-6:30 PM | BODYPUMP Brigitte |  |  | BODYATTACK Brigitte | BODY PUMP Christi |  |
| 5:45-6:30 PM |  | BODYATTACK German | ZUMBA Anabel |  |  |  |
| 6:00-7:00 PM | SMARTFIT HIIT UB  **CYCLE SCULPT LAUCH CHRIS** |  | SMARTFIT HIIT LB  CYCLE SCULPT Tameka | ZUMBA Anabel |  |  |
| 6:30-7:30 PM | BODYATTACK Denise | CORE BLAST Alecia | BODYPUMP Denise/Tracey | SMARTFIT HIIT LB |  |  |
| 7:00-8:00 PM |  | **ZUMBA LAUNCH**  **ANABEL & COLEMAN** |  |  |  |  |
|  | 12 | 13 | 14 | 15 | 16 | 17 |
| 5:40-6:30 AM |  | BODYPUMP Kathy | CYCLE Chris | BODY PUMP Tameka |  |  |
| 6:00-6:45 AM |  |  |  |  | CYCLE Tameka |  |
| 8:45-9:45 AM |  |  |  |  |  | BODY PUMP Denise |
| 9:00-10:00 AM | SMARTFIT HIIT UB |  |  |  | SMARTFIT HIIT UB | SMARTFIT HIIT LB |
| 9:30-10:30 AM | BODYCOMBAT Judithe | BODYPUMP Latoya | SMARTFIT HIIT LB | CYCLE SCULPT | BODYPUMP Tameka |  |
| 10-11:00 AM |  |  |  |  |  | BODYATTACK Joel |
| 11-12:00 PM |  | SENIOR FIT Elaine | SENIOR FIT Elaine | SENIOR FIT Elaine | SENIOR FIT Elaine  **STARTS @ 11:30 AM** |  |
| 2:00-3:00 PM | BODYPUMP Latoya |  |  |  | BODY COMBAT Jen |  |
| 5:30-6:30 PM | BODYPUMP Tracey |  |  | BODYATTACK Brigitte | BODY PUMP Christi |  |
| 5:45-6:30 PM |  | BODYATTACK German | ZUMBA Anabel |  |  |  |
| 6:00-7:00 PM | SMART FIT HIIT UB  CYCLE SCULPT Chris |  | SMARTFIT HIIT LB  CYCLE SCULPT Tameka | ZUMBA Anabel |  |  |
| 6:30-7:30 PM | BODYATTACK Denise | CORE BLAST Alecia | BODYPUMP Denise/Tracey | SMARTFIT HIIT LB |  |  |
| 7:00-8:00 PM |  | ZUMBA Anabel |  |  |  |  |
|  | 19 | 20 | 21 | 22 | 23 | 24 |
| 5:40-6:30 AM |  | BODYPUMP Kathy | CYCLE Chris |  |  |  |
| 6:00-6:45 AM |  |  |  |  | CYCLE Tameka |  |
| 8:45- 9:45 AM |  |  |  | IMG_256 |  | BODY PUMP Denise |
| 9:00-10:00 AM | SMARTFIT HIIT UB |  | SMARTFIT HIIT LB |  | SMARTFIT HIIT UB | SMARTFIT HIIT LB |
| 9:30-10:30 AM | BODYCOMBAT Judithe | BODYPUMP Latoya |  |  | BODYPUMP Latoya |  |
| 10-11:00 AM |  |  |  |  |  | BODYATTACK Joel |
| 11-12:00 PM |  | SENIOR FIT Elaine | SENIOR FIT Elaine |  | SENIOR FIT Elaine  **STARTS @ 11:30 AM** |  |
| 2:00-3:00 PM | BODYPUMP Sarah |  |  |  | BODY COMBAT Jen |  |
| 5:30-6:30 PM | BODYPUMP Brigitte |  |  |  | BODY PUMP Christi |  |
| 5:45-6:30 PM |  | BODYATTACK German | ZUMBA Anabel |  |  |  |
| 6:00-7:00 PM | SMART FIT HIIT UB  CYCLE SCULPT Chris |  | SMARTFIT HIIT LB  CYCLE SCULPT Tameka |  |  |  |
| 6:30-7:30PM | BODYATTACK Denise | CORE BLAST Alecia | BODYPUMP Denise/Tracey |  |  |  |
| 7:00-8:00 PM |  | ZUMBA Anabel |  |  |  |  |
|  | 26 | 27 | 28 | 29 | 30 | 1 |
| 5:40-6:30 AM |  | BODYPUMP Kathy | CYCLE Chris | BODY PUMP Tameka |  |  |
| 6:00-6:45 AM |  |  |  |  | CYCLE Tameka |  |
| 8:45-9:45 AM |  |  |  |  |  | BODY PUMP Denise |
| 9:00-10:00 AM | SMARTFIT HIIT UB |  | SMARTFIT HIIT LB |  | SMARTFIT HIIT UB | SMARTFIT HIIT LB |
| 9:30-10:30 AM | BODYCOMBAT Judithe | BODYPUMP Latoya |  | CYCLE SCULPT Melissa | BODYPUMP Latoya |  |
| 10-11:00 AM |  |  |  |  |  | BODYATTACK Joel |
| 11-12:00 PM |  | SENIOR FIT Elaine | SENIOR FIT Elaine | SENIOR FIT Elaine | SENIOR FIT Elaine  **STARTS @ 11:30 AM** |  |
| 2:00-3:00 PM | BODYPUMP Latoya |  |  |  | BODY COMBAT Jen |  |
| 5:30-6:30 PM | BODYPUMP Brigitte |  |  | BODYATTACK Brigitte | BODY PUMP Christi |  |
| 5:45-6:30 PM |  | BODYATTACK German | ZUMBA Anabel |  |  |  |
| 6:00-7:00 PM | SMART FIT HIIT UB  CYCLE SCULPT Chris |  | SMARTFIT HIIT LB  CYCLE SCULPT Tameka | ZUMBA Anabel |  |  |
| 6:30-7:30 PM | BODYATTACK Denise | CORE BLAST Alecia | BODYPUMP Denise/Tracey | SMARTFIT HIIT LB |  |  |
| 7:00-8:00 PM |  | ZUMBA Anabel |  |  |  |  |

Questions or concerns? Please contact Ashley Gossweiler, Group Fitness Director at ashleyffl24@gmail.com. All SMARTFIT classes in GREEN are held at our Apex location. Anyone can try out a class for free, just call 919-629-6212 and set up an appointment!