|  |
| --- |
| Fit for Life 24 Group Fitness NOVEMBER 2018 |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | 1 | 2 | 3 | 1 | 2 | 3 |
| 5:30-6:30am |  |  |  |  |  |  |
| 8:30-9:30am |  |  |  |  | ZUMBA Chanel | BODYPUMP Lisa |
| 9:30-10:30am |  |   |   | BODYJAM\*POSTPONED\*SMARTFIT BOOTCAMP  | CYCLING GarrettSMARTFIT HIIT LB  | BODYCOMBAT LisaSMARTFIT HIIT TB  |
| 10:30-11:30am |  |  |  | SENIOR FIT Kelly | BODYPUMP Kelly | ZUMBA Stephanie |
| 5:30-6:30pm |   |   |   | BODYPUMP KellySMARTFIT BOOTCAMP  |  |  |
| 6:00-6:30pm |  |   |  |  |  |  |
| 6:30-7:30pm |   |   |  | ZUMBA ChanelCYCLING KevinSMARTFIT HIIT TB  |  |  |
| 7:30-8:30pm |  |  |  | HIP HOP Stephanie |  |  |
|  | 5 | 6 | 7 | 8 | 9 | 10 |
| 5:30-6:30am |  | BODYPUMP Lisa |  |  |  |  |
| 8:30-9:30am |  | ZUMBA Natalia |  |  | **ZUMBA NO CLASS** | BODYPUMP Christy |
| 9:30-10:30am | BODYPUMP RachaelSMARTFIT BOOTCAMP | BODYCOMBAT LisaCYCLING CathySMARTFIT HIIT LB  | BODYPUMP Kelly SMARTFIT HIIT UB  | **ZUMBA NO CLASS**SMARTFIT HIIT TB  | CYCLING GarrettSMARTFIT BOOTCAMP  | BODYCOMBAT Jessica RSMARTFIT BOOTCAMP  |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Kelly | ZUMBA Chanel |
| 5:30-6:30pm | CYCLING RhondaSMARTFIT BOOTCAMPBODYJAM\*POSTPONED\*  | BODYPUMP KellySMARTFIT HIIT UB  | BODYCOMBAT JessicaCYCLING RhondaSMARTFIT HIIT LB  | BODYPUMP KellySMARTFIT HIIT TB  |  |  |
| 6:00-6:30pm | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  |  |  |  |
| 6:30-7:30pm | BODYCOMBAT AshleySMARTFIT BOOTCAMP  | ZUMBA ChrisSMARTFIT HIIT UB CYCLING Garrett  | SMARTFIT HIIT LBBODYJAM Chanel  | ZUMBA ChanelCYCLING RhondaSMARTFIT BOOTCAMP  |  |  |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie | YOGA Katie  | HIP HOP Stephanie |  |  |
|  | 12 | 13 | 14 | 15 | 16 | 17 |
| 5:30-6:30am |  | BODYPUMP Lisa |  |  |  |  |
| 8:30-9:30am |  | ZUMBA Natalia |  |  | ZUMBA Natalia | BODYPUMP Lisa |
| 9:30-10:30am | BODYPUMP RachaelSMARTFIT HIIT TB  | BODYCOMBAT LisaCYCLING CathySMARTFIT HIIT UB  | BODYPUMP KellySMARTFIT BOOTCAMP  | BODYJAM MorganSMARTFIT HIIT LB  | CYCLING GarrettSMARTFIT HIIT TB  | BODYCOMBAT LisaSMARTFIT HIIT TB |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Kelly | ZUMBA Chanel |
| 5:30-6:30pm | CYCLING RhondaBODYJAM\*POSTPONED\*SMARTFIT BOOTCAMP  | BODYPUMP KellySMARTFIT HIIT LB  | BODYCOMBAT Jessica RCYCLING Rhonda SMARTFIT BOOTCAMP | BODYPUMP KellySMARTFIT HIIT UB |  |  |
| 6:00-6:30pm | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  |  |  |  |
| 6:30-7:30pm | BODYCOMBAT AshleySMARTFIT BOOTCAMP  | ZUMBA ChrisSMARTFIT HIIT LB CYCLING Kevin  | SMARTFIT BOOTCAMPBODYJAM Chanel  | ZUMBA ChanelCYCLING KevinSMARTFIT HIIT UB |  |  |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie | YOGA Katie  | HIP HOP Stephanie |  |  |
|  | 19 | 20 | 21 | 22 | 23 | 24 |
| 5:30-6:30am |  | BODYPUMP Lisa |  | NO CLASSES! Happy Thanksgiving! |
| 8:30-9:30am |  | ZUMBA Natalia |  |
| 9:30-10:30am | BODYPUMP RachaelSMARTFIT HIIT TB  | BODYCOMBAT MorganCYCLING CathySMARTFIT HIIT LB  | BODYPUMP KellySMARTFIT BOOTCAMP  |
| 10:30-11:30am |  | SENIOR FIT Carol |  |
| 5:30-6:30pm | CYCLING RhondaSMARTFIT BOOTCAMPBODYJAM\*POSTPONED\*  | BODYPUMP KellySMARTFIT HIIT UB  | **NO EVENING CLASSES!****HAPPY THANKSGIVING!** |
| 6:00-6:30pm | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  |   |
| 6:30-7:30pm | BODYCOMBAT AshleySMARTFIT BOOTCAMP  | ZUMBA ChrisSMARTFIT HIIT UBCYCLING Garrett  |   |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie |  |
|  | 26 | 27 | 28 | 29 | 30 |  |
| 5:30-6:30am |  | BODYPUMP Lisa |  |  |  |  |
| 8:30-9:30am |  | ZUMBA Natalia |  |  | ZUMBA Natalia |  |
| 9:30-10:30am | BODYPUMP RachaelSMARTFIT HIIT TB  | BODYCOMBAT LisaCYCLING CathySMARTFIT HIIT LB  | BODYPUMP KellySMARTFIT BOOTCAMP  | ZUMBA NataliaSMARTFIT HIIT TB  | CYCLING GarrettSMARTFIT HIIT TB |  |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Kelly |  |
| 5:30-6:30pm | CYCLING RhondaSMARTFIT BOOTCAMPBODYJAM\*POSTPONED\*  | BODYPUMP KellySMARTFIT HIIT UB  | BODYCOMBAT JessicaCYCLING RhondaSMARTFIT HIIT LB  | BODYPUMP KellySMARTFIT BOOTCAMP |  |  |
| 6:00-6:30pm | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  |  |  |  |
| 6:30-7:30pm | BODYCOMBAT AshleySMARTFIT BOOTCAMP  | ZUMBA ChrisSMARTFIT HIIT UBCYCLING Kevin  |  SMARTFIT HIIT LB YOGA Katie  | ZUMBA ChanelCYCLING KevinSMARTFIT HIIT TB |  |  |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie | YOGA Katie  | HIP HOP Stephanie |  |  |

\*\*\*IMPORTANT ANNOUNCEMENTS: Rhonda’s Wednesday CYCLING classes have moved from 6:30pm to 5:30pm. Due to wrist surgery, Morgan’s classes are being subbed and BODYJAM at 5:30pm on Mondays will be postponed until after her full recovery. She appreciates your support and prayers during this time.