

November

Please see changes in teal.

FFL24 Apex Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CYCLE: 6:00AM BOOTCAMP: 9:00AM YOGA: 9:15AM BODYCOMBAT: 2:00PM BODYPUMP: 5:30PM	2 BODYPUMP: 8:45AM BOOTCAMP: 9:00AM BODYATTACK: 10:00AM
3	4 BOOTCAMP: 9:00AM BODYPUMP: 5:30 PM BOOTCAMP: 6:00PM CYCLE: 6:15PM BODYCOMBAT: 6:30PM	5 BODYPUMP: 5:40AM PUMPED UP: 9:30AM SENIORFIT: 11:15AM BODYATTACK: 6:00 PM BOOTCAMP: 6:30 PM YOGA: 7:00PM	6 CYCLE: 5:40AM BOOTCAMP: 9:00AM SENIORFIT: 11:15AM ZUMBA: 5:45PM BODYPUMP: 6:30PM BOOTCAMP: 6:00PM	7 BODYPUMP: 5:40AM CYCLE H.I.I.T: 9:30AM SENIORFIT: 11:00 AM ZUMBA: 6:20PM BOOTCAMP: 6:30PM	8 CYCLE: 6:00AM BOOTCAMP: 9:00AM YOGA: CANCELED BODYCOMBAT: 2:00PM BODYPUMP: 5:30 PM	9 BODYPUMP: 8:45AM BOOTCAMP: 9:00AM BODYATTACK: 10:00AM
10	11 BOOTCAMP: 9:00AM BODYPUMP: 5:40 PM BOOTCAMP: 6:00PM CYCLE: 6:15PM BODYCOMBAT: 6:45PM	12 BODYPUMP: 5:40AM PUMPED UP: 9:30AM SENIORFIT: 11:15AM ZUMBA: 6:00PM BOOTCAMP: 6:00 PM YOGA: 7:00PM	13 CYCLE: 5:40AM BOOTCAMP: 9:00AM SENIORFIT: 11:15AM BODYATTACK: 6:00PM BOOTCAMP: 6:00PM BODYPUMP: 6:45PM	14 BODYPUMP: 5:40AM CYCLE H.I.I.T: 9:30AM SENIORFIT: 11:00 AM ZUMBA: 5:45PM BOOTCAMP: 6:00 PM YOGA: 7:30 PM	15 CYCLE: 6:00AM BOOTCAMP: 9:00AM YOGA: 10:00AM BODYCOMBAT: 2:00PM	16 BODYPUMP: 9:00AM BOOTCAMP: 9:00AM BODYATTACK: 10:05

<p>17</p>	<p>18</p> <p>BOOTCAMP: 9:00AM BODYPUMP: 5:40 PM BOOTCAMP: 6:00PM CYCLE: 6:15PM BODYCOMBAT: 6:45PM</p>	<p>19</p> <p>BODYPUMP: 5:40AM PUMPED UP: 9:30AM SENIORFIT: 11:15AM ZUMBA: 6:00PM BOOTCAMP: 6:00 PM YOGA: 7:00PM</p>	<p>20</p> <p>CYCLE: 5:40AM BOOTCAMP: 9:00AM SENIORFIT: 11:15AM BODYATTACK: 6:00PM BOOTCAMP: 6:00PM BODYPUMP: 6:45PM</p>	<p>21</p> <p>BODYPUMP: 5:40AM CYCLE H.I.I.T: 9:30AM SENIORFIT: 11:00 AM ZUMBA: 5:45PM BOOTCAMP: 6:00 PM YOGA: 7:30 PM</p>	<p>22</p> <p>CYCLE: 6:00AM BOOTCAMP: 9:00AM YOGA: 10:00AM BODYCOMBAT: 2:00PM</p>	<p>23</p> <p>BODYPUMP: 9:00AM BOOTCAMP: 9:00AM BODYATTACK: 10:05</p>
<p>24</p>	<p>25</p> <p>BOOTCAMP: 9:00AM BODYPUMP: 5:40 PM BOOTCAMP: 6:00PM CYCLE: 6:15PM BODYCOMBAT: 6:45PM</p>	<p>26</p> <p>BODYPUMP: 5:40AM PUMPED UP: 9:30AM SENIORFIT: 11:15AM ZUMBA: 6:00PM BOOTCAMP: 6:00 PM YOGA: 7:00PM</p>	<p>27</p> <p>CYCLE: 5:40AM BOOTCAMP: 9:00AM SENIORFIT: 11:15AM BODYATTACK: 6:00PM BOOTCAMP: 6:00PM BODYPUMP: 6:45PM</p>	<p>28</p> <p>THANKSGIVING SPECIAL</p> <p>BODYPUMP EXP 8:30-9:15AM</p> <p>BODYATTACK EXP 9:15-10:00AM</p> <p>CYCLE EXP 9:15-10:00AM</p>	<p>29</p> <p>CYCLE: CANCELED BOOTCAMP: 9:00AM YOGA: 10:00AM BODYCOMBAT: 2:00PM</p>	<p>30</p> <p>BODYPUMP: 9:00AM BOOTCAMP: 9:00AM BODYATTACK: 10:05AM</p>