

November 2019

*MUST be signed up online to attend class

SMARTFIT360

HWY 33

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
				9:30 Eric <i>Feel The Burn</i>	9:30 Trey <i>Weekend Warrior</i>
3	4	5	6	7	9
9:30 Brian HIIT TB	9:30 Eric BOOTCAMP	9:30 Brian HIIT LB	9:30 Eric HIIT UB	9:30 Eric <i>Feel the Burn</i>	9:30 Brian BOOTCAMP
5:30 Trey HIIT UB 6:00 Trey CORE BLAST 6:30 Trey HIIT UB	5:30 Liz BOOTCAMP 6:00 Liz CORE BLAST 6:30 Liz BOOTCAMP	5:30 Trey HIIT LB 6:00 Trey CORE BLAST 6:30 Trey HIIT LB	5:30 Liz HIIT TB 6:00 Liz CORE BLAST 6:30 Liz HIIT TB		
10	11	12	13	14	15
9:30 Brian HIIT TB	9:30 Eric HIIT UB	9:30 Brian BOOTCAMP	9:30 Eric HIIT LB	9:30 Eric <i>Feel The Burn</i>	9:30 Trey <i>Weekend Warrior</i>
5:30 Trey BOOTCAMP 6:00 Trey CORE BLAST 6:30 Trey BOOTCAMP	5:30 Liz HIIT UB 6:00 Liz CORE BLAST 6:30 Liz HIIT UB	5:30 Trey HIIT TB 6:00 Trey CORE BLAST 6:30 Trey HIIT TB	5:30 Liz HIIT LB 6:00 Liz CORE BLAST 6:30 Liz HIIT LB		

<p style="text-align: right;">16</p> <p>9:30 Brian BOOTCAMP</p> <p>5:30 Trey HIIT UB 6:00 Trey CORE BLAST 6:30 Trey HIIT UB</p>	<p style="text-align: right;">17</p> <p>9:30 Eric HIIT UB</p> <p>5:30 Liz BOOTCAMP 6:00 Liz CORE BLAST 6:30 Liz BOOTCAMP</p>	<p style="text-align: right;">18</p> <p>9:30 Brian HIIT LB</p> <p>5:30 Trey HIIT LB 6:00 Trey CORE BLAST 6:30 Trey HIIT LB</p>	<p style="text-align: right;">19</p> <p>9:30 Eric TB</p> <p>5:30 Liz HIIT TB 6:00 Liz CORE BLAST 6:30 Liz HIIT TB</p>	<p style="text-align: right;">20</p> <p>9:30 Eric <i>Feel the Burn</i></p>	<p style="text-align: right;">21</p> <p>9:30 Brian BOOTCAMP</p>
<p style="text-align: right;">22</p> <p>9:30 Brian BOOTCAMP</p> <p>5:30 Trey BOOTCAMP 6:00 Trey CORE BLAST 6:30 Trey BOOTCAMP</p>	<p style="text-align: right;">23</p> <p>9:30 Eric HIIT UB</p> <p>5:30 Liz HIIT LB 6:00 Liz CORE BLAST 6:30 Liz HIIT LB</p>	<p style="text-align: right;">24</p> <p>9:30 Brian HIIT TB</p> <p>5:30 Trey HIIT TB 6:00 Trey CORE BLAST 6:30 Trey HIIT TB</p>	<p style="text-align: right;">25</p> <p>9:30 Eric HIIT LB</p> <p>5:30 Liz BOOTCAMP 6:00 Liz CORE BLAST 6:30 Liz BOOTCAMP</p>	<p style="text-align: right;">26</p> <p>9:30 Eric <i>Feel the Burn</i></p>	<p style="text-align: right;">27</p> <p>9:30 Trey <i>Weekend Warrior</i></p>
<p style="text-align: right;">28</p> <p>9:30 Brian HIIT TB</p> <p>5:30 Trey HIIT LB 6:00 Trey CORE BLAST 6:30 Trey HIIT LB</p>	<p style="text-align: right;">29</p> <p>9:30 Eric HIIT LB</p> <p>5:30 Liz HIIT TB 6:00 Liz CORE BLAST 6:30 Liz HIIT TB</p>	<p style="text-align: right;">30</p> <p>9:30 Brian BOOTCAMP</p> <p>5:30 Trey BOOTCAMP 6:00 Trey CORE BLAST 7:00 Trey BOOTCAMP</p>			