

# NOVEMBER

## 2023 GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:15 AM</b> <b>CIRCUIT</b> <b>TRAINING</b> <b>W/ANNETTE</b>	<b>6:00 AM</b> <b>BODY PUMP</b> <b>W/ TAMEKA</b>		<b>6:00 AM</b> <b>BODY PUMP</b> <b>W/ TRISHA</b>	<b>6:00 AM</b> <b>CYCLE</b> <b>W/ TAMEKA</b>	<b>8:30 AM</b> <b>BODYPUMP</b> <b>W/ TAMEKA</b>
	<b>***** 5:30 PM*****</b> <b>YOGA W/GENE</b>		<b>5:00 PM</b> <b>YOGA W/ JILL</b>		
<b>6:00 PM</b> <b>BODY ATTACK</b> <b>W/ DENISSE</b>		<b>6:00 PM</b> <b>BODY PUMP</b> <b>W/ TRACEY</b>	<b>6:00 PM</b> <b>BODY COMBAT</b> <b>W/ Annette &amp; Trisha</b>		

**\*\*\*\*\* NEW CLASS TIME FOR TUESDAY YOGA!!!!**





