

GROUP FITNESS/YOGA November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1:30 ZUMBA Laurie	2 5:15 BODYPUMP Angel 9:15 HIIT JM 12:00 BODYPUMP TS 6:15 HIIT CC	3 9:00 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC	4 5:15 BODYPUMP Angel 9:15 HIIT Laurie 12:00 Pilates KP 6:15 HIIT JM	5 9:00 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sarah	6 5:15 BODYPUMP SL 9:15 HIIT JM 12:00 BODYPUMP CC	7 8:30 Yoga TA 9:45 BODYPUMP CC <u>*NO 11:00 Class today*</u>
8 1:30 ZUMBA Sarah	9 5:15 BODYPUMP Angel 9:15 HIIT JM 12:00 BODYPUMP CC 6:15 HIIT TS	10 9:00 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC	11 5:15 BODYPUMP SL 9:15 HIIT TS 12:00 Pilates KP 6:15 HIIT JM	12 9:00 Yoga TA 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Rob	13 5:15 BODYPUMP SL 9:15 HIIT Laurie 12:00 BODYPUMP CC	14 8:30 Yoga MM 9:45 BODYPUMP Angel 11:00 ZUMBA Rob
15 1:30 ZUMBA Sandra	16 5:15 BODYPUMP Angel 9:15 HIIT JM 12:00 BODYPUMP TS 6:15 HIIT CC	17 9:00 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC	18 5:15 BODYPUMP Angel 9:15 HIIT Laurie 12:00 Pilates KP 6:15 HIIT JM	19 9:00 Yoga TA 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	20 5:15 BODYPUMP SL 9:15 HIIT JM 12:00 BODYPUMP CC	21 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Sarah
22 1:30 ZUMBA Laurie	23 5:15 BODYPUMP Angel 9:15 HIIT JM 12:00 BODYPUMP CC 6:15 HIIT CC	24 9:00 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC	25 5:15 BODYPUMP SL 9:15 HIIT JM *NO PM/afternoon classes today*	26 Happy Thanksgiving!!	27 *NO Classes today* Enjoy the holiday!	28 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Sandra
29 1:30 ZUMBA Rob	30 5:15 BODYPUMP Angel 9:15 HIIT JM 12:00 BODYPUMP CC 6:15 HIIT CC		TA Tara Absher CD Cate Davis KL Kimberly Leatherman SL Stacey Lockman MM Mary Masius KM Kim McMurray JM Jamie Moon KP Katie Propst TS Tamsey Smith	TS Tamsey Smith Angel Angel Stoy JK J King RC Rob Cox LF Laurie Flora SA Sarah Avett MH Madeleine Harris CC Cindy Carlton AS Alyson Switzer	AS Alyson Switzer SC Sandra Cox DW Dan Woodrome	