

Group Fitness November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
TA Tara Absher CD Cate Davis SL Stacey Lockman MM Mary Masius KM Kim McMurray JM Jamie Moon KP Katie Propst TS Tamsey Smith Angel Angel Stoy	RC Rob Cox LF Laurie Flora SA Sarah Avett MH Madeleine Harris CC Cindy Carlton SC Sandra Cox KW Katie Williams KF Kelsey Floyd SP Susan Pless				1 5:15 BODYPUMP SL 9:15 HIIT LF 12:00 BODYPUMP CC	2 8:30 Yoga TA 9:45 BODYPUMP TA 11:00 ZUMBA Laurie
3 1:30 Zumba Laurie	4 5:15 BODYPUMP Angel 9:15 HIIT JM <u>*NO 10:15 Class today*</u> 12:00 BODYPUMP Angel <u>*NO 5:15 Class today*</u> 6:15 HIIT JM	5 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	6 5:15 BODYPUMP SL <u>*NO 9:00 Class today*</u> 9:15 HIIT LF 10:15 Gentle Yoga KM 12:00 Pilates KP <u>*NO 5:15 Class today*</u> 6:15 HIIT JM	7 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP Angel 7:30 ZUMBA Rob	8 5:15 BODYPUMP SL 9:15 HIIT JM 12:00 BODYPUMP CC	9 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Sarah
10 1:30 Zumba Sandra	11 5:15 BODYPUMP Angel 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE TS 6:15 HIIT JM	12 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	13 5:15 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates KP 5:15 BARRE CD 6:15 HIIT JM	14 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	15 5:15 BODYPUMP SL 9:15 HIIT LF 12:00 BODYPUMP CC	16 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Sandra
17 1:30 Zumba Rob	18 5:15 BODYPUMP Angel 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE TS 6:15 HIIT JM	19 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	20 5:15 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	21 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Rob	22 5:15 BODYPUMP SL 9:15 HIIT LF 12:00 BODYPUMP Angel	23 8:30 Yoga MM 9:45 BODYPUMP Angel 11:00 ZUMBA Sarah
24 1:30 Zumba Sarah	25 5:15 BODYPUMP Angel 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE TS 6:15 HIIT JM	26 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	27 5:15 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS <u>*NO PM Classes today*</u>	28 Happy Thanksgiving!!	29 Enjoy the holiday! <u>*NO Classes today*</u>	30 8:30 Yoga MM 9:45 BODYPUMP MH 11:00 ZUMBA Rob