

Group Fitness

November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
TA Tara Absher CD Cate Davis SL Stacey Lockman MM Mary Masius 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	SI Summer Isenhour Shanika Shanika McLemore * <u>ADDING Pilates</u> on TUESDAYS at 10:30 am*		* <u>Booty Burn</u> moves to 10:30 am every THURSDAY morning*		1 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Rob
2 1:30 Zumba Laurie	3 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT JM <u>*NO 10:15 Class today*</u> 12:00 BODYPUMP MH 5:15 BARRE SI 6:15 HIIT JM	4) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sarah	5) 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	6) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	7 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	8 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Sandra
9 1:30 Zumba Rob	10 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	11) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	12) 5:15 BODYPUMP Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE CD 6:15 HIIT JM	13) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	14 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT TS 10:15 BARRE SI 12:00 BODYPUMP CC	15 8:30 Yoga TA 9:45 BODYPUMP TS 11:00 ZUMBA Sarah
16 1:30 Zumba Sarah	17 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT TS 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	18) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	19) 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates TS 5:15 BARRE SI 6:15 HIIT JM	20) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	21 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	22 8:30 Yoga TA 9:45 BODYPUMP Angel 11:00 ZUMBA Rob
23 1:30 Zumba Sandra	24 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	25) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	26) 5:15 BODYPUMP Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility JM 9:15 HIIT JM 10:15 BARRE SI <u>*NO PM Classes today*</u> Enjoy the holiday!	27 Happy Thanksgiving!	28 Enjoy your holiday! <u>*NO Classes today*</u>	29 Holiday schedule <u>*8:30 Special time~</u> BODYPUMP CC
30 1:30 Zumba Sarah						