November Group Fitness 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:30 Zumba Sarah	2 5:15 BP Heavy Angel 7:00 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 1:15 Senior Strength 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	3 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 Sarah	4 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 7:15 Pilates SI	5 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE TS 1:15 Senior Strength 4:15 Pilates KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 Zumba Rob	6 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	7 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 Zumba Sandra
8 1:30 Zumba Rob	9 5:15 BP Heavy Angel 7:00 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 1:15 Senior Strength 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	10 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 Rythm Rush Rob&Sandra	11 5:15 BODYPUMP Angel 7:00 BP Heavy 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 7:15 Pilates TS	12 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 1:15 Senior Strength 4:15 Pilates SI 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 Zumba Sandra	13 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	14 8:30 Yoga TA *9:45 Launching BODYPUMP 138 with BP Instructor team* 11:00 Zumba Rob
15 1:30 Zumba Laurie	16 5:15 BP Heavy Angel 7:00 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 1:15 Senior Strength 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	17 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 Sarah	18 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 7:15 Pilates SI	19 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 1:15 Senior Strength 4:15 Pilates TS 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 Zumba Rob	20 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	21 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 Zumba Sarah
22 1:30 Rhythm Rush with Rob an Sandra	23 5:15 BP Heavy KW 7:00 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 1:15 Senior Strength 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	24 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	25 5:15 BODYPUMP CC 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:30 BARRE SI 12:00 Pilates KP *NO PM Classes*	26 Happy Thanksgiving	27 *NO Classes today*	28 Holiday Schedule 9:00 BODYPUMP CC 11:00 Zumba Shanika
29 1:30 Zumba Shanika	30 5:15 BP Heavy Angel 7:00 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 1:15 Senior Strength 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM					