



November 2020 Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:15am-BodyPump</u>				<u>5:15am-BodyPump</u>		
<u>8:00am-Step</u>	<u>8:00am-Barre</u>		<u>8:00am-Cycle</u>		<u>8:15am-Cycle</u>	
<u>8:45am-BodyPump</u>	<u>8:45am-Cycle</u>	<u>8:45am-BodyPump</u>	<u>8:45am-Barre</u>	<u>8:45am-BodyPump</u>	<u>9:05am-BodyPump</u>	
<u>9:00am-Water Aerobics</u>		<u>9:00am-Water Aerobics</u>		<u>9:00am-Water Aerobics</u>		
<u>10:00am-Yoga</u>		<u>10:00am-Trapeze Yoga</u>				
	<u>12:15pm-Yoga</u>		<u>12:15pm-Yoga</u>			
<u>4:30pm-BodyPump</u>		<u>4:30pm-BodyPump</u>				
<u>5:30pm-SPRINT</u>	<u>5:30pm-BodyPump</u>	<u>5:30pm-Cycle</u>	<u>5:30pm-BodyPump</u>			