

# November Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am		Leah <b>SHRED</b>	Heather <b>LES MILLS BODYPUMP</b>	Robbie <b>SHRED</b>	Morgan <b>LES MILLS BODYPUMP</b>	7:30 <b>SHRED</b>	
6:00	Kim <b>LES MILLS BODYPUMP</b>		Kim <b>LES MILLS BODYPUMP</b>			8:15 <b>LES MILLS BODYPUMP</b>	1:30 <b>Stop Express</b>
8:00	Donna <b>Yoga</b>		Donna <b>Yoga</b>	Pam <b>Stop Express</b>	Donna <b>Yoga</b>	9:15 <b>LES MILLS CXWORX</b>	2:30 <b>LES MILLS BODYPUMP</b>
8:15		Nancy W.  <b>LES MILLS BODYPUMP</b>				9:45 <b>Cardio Rotation</b>	3:30 <b>Yoga</b>
8:45	Kelly <b>LES MILLS BODYATTACK</b>	Cammie <b>Shred Express</b>	Stephanie <b>LES MILLS BODYCOMBAT</b>	Kelly <b>Shred Express</b>	Kelly <b>LES MILLS BODYATTACK</b>	11:15 Senior Cardio Dance	2:00 <b>Deep Water Running</b>
9:20		Cammie <b>LES MILLS CXWORX</b>		Kelly <b>LES MILLS CXWORX</b>		8:15 <b>SPIN</b>	
9:45	Cammie <b>LES MILLS BODYPUMP</b>		Stephanie <b>LES MILLS BODYPUMP</b>		Cammie <b>LES MILLS BODYPUMP</b>	9:30 Aqua Fit	
10:00		Judy <i>Beginner Pilates</i>		Judy <i>Beginner Pilates</i>			
11:00	Rebecca Sr. Cardio Fit	Tee <b>SeniorMOVE!</b>	Jennifer <b>Yoga</b>	Tee Sr. Cardio Fit	Rebecca Sr. Cardio Fit		
12:00	Nancy D. Shred Low	Gretchen <b>Yoga</b>	Nancy D. Shred Low	Gretchen <b>Yoga</b>			
2:00-2:30	CLEANING	CLEANING	CLEANING	CLEANING	CLEANING		
4:00				Jennifer <b>Yoga</b>			
4:45	Jennifer <b>Yoga</b>	Saana <b>LES MILLS BODYATTACK</b>	Tasha  <b>ZUMBA</b>	Saana <b>LES MILLS BODYATTACK</b> <b>LES MILLS BODYCOMBAT</b>			
5:30	Leah <b>SHRED</b>	Heather <b>LES MILLS BODYPUMP Express</b>	Kaylie <b>SHRED</b>	Kim <b>LES MILLS BODYPUMP</b>			
6:30	Kim <b>LES MILLS BODYPUMP</b>	Steph/Saana <b>LES MILLS BODYCOMBAT</b>		Heather <i>Pilates</i>			

# November Group Fitness Schedule