



November Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 am		Leah SHRED		Lacey SHRED	
5:30	Kim LES MILLS BODYPUMP		Heather LES MILLS BODYPUMP		Kim/Heather LES MILLS BODYPUMP
8:00	Donna Yoga		Donna Yoga	Pam STEP	Donna Yoga
8:45	Kelly LES MILLS BODYATTACK	Cammiie Shred Express	Stephanie LES MILLS BODYCOMBAT	Kelly Shred Express	Kelly LES MILLS BODYATTACK
9:20		Cammiie LES MILLS CXWORX		Kelly LES MILLS CXWORX	
9:45	Cammiie LES MILLS BODYPUMP		Stephanie LES MILLS BODYPUMP		Cammiie LES MILLS BODYPUMP
10:15				Heather <i>Pilates</i>	
11:15	Rebecca Senior Cardio Fit		Jennifer Yoga	Rebecca Senior MOVE	Rebecca Senior Cardio Fit
12:00	Nancy D. Shred Low	Gretchen Yoga	Nancy D. Shred Low	Gretchen Yoga	
2:00-2:30	CLEANING	CLEANING	CLEANING	CLEANING	CLEANING
3:45	LES MILLS BODYPUMP <i>virtual</i>		LES MILLS BODYPUMP <i>virtual</i>		
4:30				Jennifer Yoga	
4:45	Jennifer Yoga	Saana LES MILLS BODYATTACK	Tasha  ZUMBA		
5:30		Heather  LES MILLS BODYPUMP	Saana LES MILLS BODYCOMBAT	Kim LES MILLS BODYPUMP	
6:15			Saana LES MILLS CXWORX		
6:30	Kim LES MILLS BODYPUMP	Kaylie LES MILLS BODYCOMBAT		Heather <i>Pilates</i>	