

November Group Ex Schedule

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