





NOVEMBER WEEKEND SCHEDULE

Saturday	2	9	16	23	30
GROUP EX					
7:30 SHRED	Amy Higg	Leah	Nancy	Heather	Kaylie
8:15 LES MILLS BODYPUMP	Pam	Kim	Nancy	Heather	Melissa
9:15 LES MILLS CXWORX	Kaitlyn	Kelly	Nancy	Kaitlyn	Melissa
9:45 CARDIO ROTATION	LES MILLS BODYATTACK Teresa R.	 ZUMBA Darby	LES MILLS BODYCOMBAT Saana	 ZUMBA Tasha	 ZUMBA Darby
11:15 <i>Sr Cardio Dance</i>	Teresa	Teresa	Teresa	Teresa	Teresa
8:15 SPIN	Kaitlyn	Lacey	Amy Higg	Kaitlyn	Owenne
9:30 Aqua Rotation	 aqua ZUMBA Saana	DWR Jennifer	Aqua Fit Julia	Aqua YOGA Jennifer	DWR Amy
Sunday	3	10	17	24	12/1
1:30 Step Express	Mechelle	Mechelle	Mechelle	Mechelle	Mechelle
2:00 Deep Water Running	Jennifer	Jennifer	Jennifer	Jennifer	Jennifer
2:30 LES MILLS BODYPUMP	Heather	Heather	Heather	Pam	Morgan
3:30 Yoga	Jennifer	Jennifer	Jennifer	Jennifer	Jennifer