

November 2020							GROUP X & INDOOR CYCLING						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>							
	**8:00am HIIT-No class 9:00am Cardio Fusion-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Core Fusion-Doris 5:30pm Cycle X-Calleen 5:30pm Yoga-Megan	*9:00am Burn-Kelsey 9:00am Spin-Calleen 10:00am Tap-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Leslie 6:30pm Zumba®-Christy	**8:00am HIIT-Calleen 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Pam 4:30pm Cardio Fusion-Doris	9:00am Hi lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 6:30pm Zumba-Megan	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Full Body Fit-Calleen							
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>							
	**8:00am HIIT-Kelsey 9:00am Full Body Fit-Calleen 10:00am TBS-Linda 11:10am Hatha Yoga-Pam 4:30pm Core Fusion-Doris 5:30pm Cycle X-Leslie 5:30pm Yoga-Megan	*9:00am Burn-Kelsey 9:00am Spin-Calleen 10:00am Tap-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Leslie 6:30pm Zumba®-Christy	**8:00am HIIT-Kelsey 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris	9:00am Hi lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 6:30pm Zumba-Megan	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Cardio Fusion-Doris							
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>							
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<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>							
	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Core Fusion-Doris 5:30pm Spin-No class 5:30pm Yoga-Megan	*9:00am Burn-Kelsey 9:00am Spin-No class 10:00am Tap-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-No class 6:30pm Zumba®-Christy	**8:00am HIIT-Kelsey 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-No class	<i>Happy Thanksgiving</i>	No classes	No classes							
<b>29</b>	<b>30</b>												
	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Core Fusion-Doris 5:30pm Cycle X-Leslie 5:30pm Yoga-Megan				**30-minute class *45-minute class	<b>Instructors are subject to change!</b>							