

NOVEMBER GROUP EXERCISE (AM)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYATTACK/STRENGTH 6:10-6:55 AM KYLEE (STUDIO A & B)	HIIT 6:30-7:25 AM REBEKAH (STUDIO A & B)	BODYATTACK/STRENGTH 6:10-6:55 AM KYLEE (STUDIO A & B)	STRENGTH & CONDITIONING 6:30-7:25 AM REBEKAH (STUDIO A & B)	CYCLING -PR 6:30-7:15 AM LESLEY (STUDIO C)	PILATES-YAA 7:30-8:25 AM LISA (STUDIO A & B)	CYCLING -PR 8:30-9:25 AM SAM (STUDIO C)
EXERCISE LITE-YAA 7:00-7:55 AM PATTY (STUDIO A & B)	AQUA FIT-YAA 8:10-9:00 AM MICHELLE (REC POOL)	EXERCISE LITE-YAA 7:00-7:55 AM PATTY (STUDIO A & B)	AQUA FIT-YAA 8:00-8:50 AM CLAIRE (REC POOL)	EXERCISE LITE-YAA 7:00-7:55 AM ESZTER (STUDIO A & B)	AQUA FIT-YAA 8:30-9:20 AM CLAIRE (REC POOL)	BODYCOMBAT-FF 8:45-9:40 AM JESSICA (STUDIO A & B)
AQUA FIT-YAA 8:00-8:50 AM CLAIRE (REC POOL)	CYCLING-PR 8:30-9:25 AM BOB (STUDIO C)	AQUA DEEP-YAA 8:00-8:50 AM SUSANA (REC POOL)	CYCLING-PR 8:30-9:25 AM BOB (STUDIO C)	AQUA DEEP-YAA 8:00-8:50 AM SUSANA (REC POOL)	ZUMBA-FF 8:30-9:25 AM ASHLEY (STUDIO A & B)	NIA-YAA 10:00-10:55 AM JOY (STUDIO A & B)
GENTLE YOGA 8:00-8:55 AM MICHELLE (STUDIO A & B)	STEP 9:00-9:55 AM CAPPIE (STUDIO A & B)	PILATES - YAA 8:15-9:10 AM LISA (STUDIO A & B)	STRENGTH 9:00-9:55 AM RACHEL (STUDIO A & B)	CYCLING-PR 8:30-9:25 AM MARK (STUDIO C)	CYCLING -PR 8:30-9:25 AM BOB (STUDIO C)	AQUA FIT ZUMBA -YAA 10:00-10:55 AM LISA (REC POOL)
CYCLING -PR 8:30-9:25 AM MARK (STUDIO C)	STRENGTH 10:00-10:55 AM CAPPIE (STUDIO A & B)	CYCLING-PR 8:30-9:25 AM MARK (STUDIO C)	CARDIO SCULPT 10:00-10:55 AM MICHELLE (STUDI A & B)	BARRE 8:30-9:25 AM MICHELLE (STUDIO A & B)	STRENGTH-PR 9:45-10:40 AM RACHEL (STUDIO A & B)	HATHA YOGA-YAA 11:10-12:05 PM ALEX (STUDIO C)
CARDIO SCULPT 9:00-9:55 AM MICHELLE (STUDIO A & B)	BALANCED FUSION 9:45-10:55 AM CECILE (STUDIO C)	HIIT 9:30-10:20 AM ALINE (STUDIO A & B)	SOUND HEALING-YAA 10:30-11:25 AM GENEVIEVE (STUDIO C)	HIIT 9:30-9:55 AM CAPPIE (STUDIO A & B)	BODYPUMP -PR 11:00-11:55 AM STEF (STUDIO A & B)	
HATHA YOGA 10:00-11:00 AM CHRIS (STUDIO C)	DANCE! 11:00-11:55 AM SHIR (STUDIO C)	PILATES FUSION-YAA 10:00-10:55 AM SHIR (STUDIO C)	HATHA YOGA-YAA 10:30-11:25 AM HEIDI (FIREHOUSE)	DANCE AEROBIC-YAA 9:30-10:25 AM MADISON (STUDIO C)		
DANCE/COUNTRY 10:00-10:55 AM CAPPIE (STUDIO A & B)	PILATES-YAA 11:00-11:55 AM LAUREN (STUDIO A & B)	FOREVER FIT-YAA 10:30-11:40 AM CHRISTINE S (STUDIO A & B)	PILATES-YAA 11:00-11:55 AM HANNAH (STUDIO A & B)	HATHA YOGA-YAA 10:00-10:25 AM CAPPIE (STUDIO A & B)		
YIN-YOGA-YAA 10:00-11:15 AM HEIDI (FIREHOUSE)		AQUA POWER SCULPT -YAA 11:00-11:55 AM CJ (REC POOL)		VINYASA YOGA-YAA 10:30-11:45 AM CHRIS (STUDIO C)		
AQUA FIT-YAA 11:00-11:55 AM CHRISTINE S (REC POOL)		TAI CHI-YAA 11:15-12:05 AM TOM (STUDIO C)		FOREVER FIT-YAA 10:30-11:40 AM CHRISTINE S (STUDIO A & B)		
TAI CHI-YAA 11:15-12:05 PM TOM (STUDIO C)				AQUA FIT-YAA 11:00-11:55 DELIA (REC POOL)		

↓↓↓ GROUP EXERCISE SCHEDULE CONTINUES BELOW ↓↓↓

