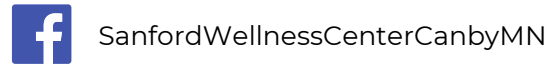


November 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Spin 5:30am Sculpt 7:00am (at Pool)	2
3	4 Strength HIIT 5:30am Bootcamp 7:00am Walk Fit Lite 9:00am Beginner Spin 5:00pm	5 Core Cardio 5:30am Water aerobics (at Pool) 7:00am Fuze 4:30pm Spin 5:30pm	6 Spin 5:30am Bosu/Spin 5:00pm	7 Core Cardio 5:30am Cardio Strength 7:00am Better Balance 9:00am Intervals 4:30pm Spin 5:30pm	8 Spin 5:30am Sculpt 7:00am (at Pool)	9
10	11 Veteran's Day Strength HIIT 5:30am Bootcamp 7:00am Walk Fit Lite 9:00am Beginner Spin 5:00pm	12 Core Cardio 5:30am Water aerobics (at Pool) 7:00am Fuze 4:30pm Spin 5:30pm	13 Spin 5:30am Bosu/Spin 5:00pm	14 Core Cardio 5:30am Cardio Strength 7:00am Better Balance 9:00am Intervals 4:30pm Spin 5:30pm	15 Spin 5:30am Sculpt 7:00am (at Pool)	16
17	18 Strength HIIT 5:30am Bootcamp 7:00am Walk Fit Lite 9:00am Beginner Spin 5:00pm	19 Core Cardio 5:30am Water aerobics (at Pool) 7:00am Fuze 4:30pm Spin 5:30pm	20 Spin 5:30am Bosu/Spin 5:00pm	21 Core Cardio 5:30am Cardio Strength 7:00am Better Balance 9:00am Intervals 4:30pm Spin 5:30pm	22 Spin 5:30am Sculpt 7:00am (at Pool)	23
24	25 Strength HIIT 5:30am Bootcamp 7:00am Walk Fit Lite 9:00am Beginner Spin 5:00pm	26 Core Cardio 5:30am Water aerobics (at Pool) 7:00am Fuze 4:30pm Spin 5:30pm	27 Spin 5:30am Bosu/Spin 5:00pm	28 Happy Thanksgiving! Core Cardio 5:30am Cardio Strength 7:00am Better Balance 9:00am Intervals 4:30pm	29 Spin 5:30am Sculpt 7:00am (at Pool)	30