

# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 6:30 am Full Body Strength 9:00 am Be Fit for Life 10:30 am Yoga 11:00 am Sit and Fit 5:30 pm Total Body Intervals	2 9:30 am Full Body Fit
3 10:00 am Strength and Conditioning	4 6:30 am Spin and Strength 8:00 am Total Body Intervals 9:00 am Be Fit for Life 10:15 am Sit and Fit 10:30 am Yoga 11:15 am Zoomer Fitness 5:30 pm Total Body Intervals	5 7:00 am Spin 8:00 am Step 9:15 am Dancefit 10:30 am Chair Yoga 10:30 am Yoga 6:30 pm Full Body Fit 6:30 pm Yoga with Weights	6 6:30 am Lower Body Strength and Core 9:00 am Be Fit for Life 10:15 am Pilates 10:15 am Sit and Fit 11:15 am Zoomer Fitness 5:30 pm Total Body Intervals 5:30 pm Spin Barre Fusion 6:00 pm Yoga	7 9:00 am Total Body Intervals 10:30 am Yoga 5:15 pm Spin 6:15 pm Pilates 6:30 pm H.I.I.T.	8 6:30 am Full Body Strength 9:00 am Be Fit for Life 10:30 am Yoga 11:00 am Sit and Fit 5:30 pm Total Body Intervals	9 9:30 am Full Body Fit
10 10:00 am Strength and Conditioning	11 6:30 am Spin and Strength 8:00 am Total Body Intervals 9:00 am Be Fit for Life 10:15 am Sit and Fit 10:30 am Yoga 11:15 am Zoomer Fitness 5:30 pm Total Body Intervals	12 7:00 am Spin 8:00 am Step 9:15 am Dancefit 10:30 am Chair Yoga 10:30 am Yoga 6:30 pm Yoga with Weights 6:30 pm Full Body Fit	13 6:30 am Lower Body Strength and Core 9:00 am Be Fit for Life 10:15 am Pilates 10:15 am Sit and Fit 11:15 am Zoomer Fitness 5:30 pm Total Body Intervals 5:30 pm Spin Barre Fusion 6:00 pm Yoga	14 9:00 am Total Body Intervals 10:30 am Yoga 5:15 pm Spin 6:15 pm Pilates 6:30 pm H.I.I.T.	15 6:30 am Full Body Strength 9:00 am Be Fit for Life 10:30 am Yoga 11:00 am Sit and Fit 5:30 pm Total Body Intervals	16 8:15 am Step and Tone 9:30 am Full Body Fit
17 10:00 am Strength	18 6:30 am Spin and	19 7:00 am Spin	20 6:30 am Lower	21 9:00 am Total Body	22 6:30 am Full Body	23 8:15 am Step

and Conditioning	Strength 8:00 am Total Body Intervals 9:00 am Be Fit for Life 10:15 am Sit and Fit 10:30 am Yoga 11:15 am Zoomer Fitness 5:30 pm Total Body Intervals	8:00 am Step 9:15 am Dancefit 10:30 am Chair Yoga 10:30 am Yoga 6:30 pm Full Body Fit 6:30 pm Yoga with Weights	Body Strength and Core 9:00 am Be Fit for Life 10:15 am Pilates 10:15 am Sit and Fit 11:15 am Zoomer Fitness 5:30 pm Total Body Intervals 5:30 pm Spin Barre Fusion 6:00 pm Yoga	Intervals 10:30 am Yoga 5:15 pm Spin 6:15 pm Pilates 6:30 pm H.I.I.T.	Strength 9:00 am Be Fit for Life 10:30 am Yoga 11:00 am Sit and Fit 5:30 pm Total Body Intervals	and Tone 9:30 am Full Body Fit
24 10:00 am Strength and Conditioning	25 6:30 am Spin and Strength 8:00 am Total Body Intervals 9:00 am Be Fit for Life 10:15 am Sit and Fit 10:30 am Yoga 11:15 am Zoomer Fitness 5:30 pm Total Body Intervals	26 7:00 am Spin 8:00 am Step 9:15 am Dancefit 10:30 am Chair Yoga 10:30 am Yoga 6:30 pm Yoga with Weights 6:30 pm Full Body Fit	27 6:30 am Lower Body Strength and Core 9:00 am Be Fit for Life 10:15 am Pilates 10:15 am Sit and Fit 11:15 am Zoomer Fitness 5:30 pm Total Body Intervals 5:30 pm Spin Barre Fusion 6:00 pm Yoga	28 9:00 am Total Body Intervals 10:30 am Yoga 5:15 pm Spin 6:15 pm Pilates 6:30 pm H.I.I.T.	29 6:30 am Full Body Strength 9:00 am Be Fit for Life 10:30 am Yoga 11:00 am Sit and Fit 5:30 pm Total Body Intervals	