

# November 2024 Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> 8:30a Flexibility	<b>2</b> 10:15a Core Conditioning
<b>3</b>	<b>4</b> 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	<b>5</b> 7:30a Strength 8:30a Strength 5:30p Strength	<b>6</b> 10:30a Fitness 101	<b>7</b> 7:25a Strength 8:30a Strength 5:30p Fitness 101	<b>8</b> 8:30a Flexibility	<b>9</b> 10:15a Core Conditioning
<b>10</b>	<b>11</b> 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	<b>12</b> 7:30a Strength 8:30a Strength 5:30p Strength	<b>13</b> 10:30a Fitness 101	<b>14</b> 7:25a Strength 8:30a Strength 5:30p Fitness 101	<b>15</b> 8:30a Flexibility	<b>16</b> 10:15a Core Conditioning
<b>17</b>	<b>18</b> 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	<b>19</b> 7:30a Strength 8:30a Strength 5:30p Strength	<b>20</b> 10:30a Fitness 101	<b>21</b> 7:25a Strength 8:30a Strength 5:30p Fitness 101	<b>22</b> 8:30a Flexibility	<b>23</b> 10:15a Core Conditioning
<b>24</b>	<b>25</b> 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	<b>26</b> 7:30a Strength 8:30a Strength 5:30p Strength	<b>27</b> 10:30a Fitness 101	<b>28</b> <b>Happy Thanksgiving!</b>	<b>29</b> 8:30a Flexibility	<b>30</b> 10:15a Core Conditioning

# November 2024 Semi-Privates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> 6:30a Strength 9:30a Pilates 11:15a Pilates	<b>2</b> 8:25a Pilates 9:15a Pilates
<b>3</b>	6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates <b>4</b>	8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates <b>5</b>	5:40a Strength 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35 Pilates <b>6</b>	9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates <b>7</b>	6:30a Strength 9:30a Pilates 11:15a Pilates <b>8</b>	8:25a Pilates 9:15a Pilates <b>9</b>
<b>10</b>	6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates <b>11</b>	8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates <b>12</b>	5:40a Strength 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates <b>13</b>	9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates <b>14</b>	6:30a Strength 9:30a Pilates 11:15a Pilates <b>15</b>	9:15a Pilates <b>16</b>
<b>17</b>	6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates <b>18</b>	8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates <b>19</b>	5:40a Strength 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates <b>20</b>	9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates <b>21</b>	6:30a Strength 9:30a Pilates 11:15a Pilates <b>22</b>	9:15a Pilates <b>23</b>
<b>24</b>	6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates <b>25</b>	8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates <b>26</b>	5:40a Strength 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates <b>27</b>	<b>28</b> <b>Happy Thanksgiving!</b>	6:30a Strength 9:30a Pilates 11:15a Pilates <b>29</b>	9:15a Pilates <b>30</b>