

November 2024 Group Fitness

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

November 2024 Semi-Privates

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