November 2026 Semi-Privates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	**2** 6:30a Pilates 9:30a Pilates 10:30a Pilates 11:30a Pilates 4:30p Strength 4:45/5:35p Pilates	**3** 8:30a Pilates 9:30a Pilates 10:30a Pilates 11:30a Pilates 3:45p Pilates 4:45/5:35p Pilates	**4** 5:40a Strength 7:30/8:30a Pilates 10:30a Pilates 11:30a Pilates 4:45/5:35p Pilates	**5** 8:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	**6** 5:40a Strength 6:30a Strength 7:30a Pilates 8:30a Pilates 9:30a Pilates 10:30a Pilates	**7** 7:30a Pilates 8:25a Pilates 9:15a Pilates 10:05a Pilates
8	**9** 6:30a Pilates 9:30a Pilates 10:30a Pilates 11:30a Pilates 4:30p Strength 4:45/5:35p Pilates	**10** 8:30a Pilates 9:30a Pilates 10:30a Pilates 11:30a Pilates 3:45p Pilates 4:45/5:35p Pilates	**11** 5:40a Strength 7:30/8:30a Pilates 10:30a Pilates 11:30a Pilates 4:45/5:35p Pilates	**12** 8:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	**13** 5:40a Strength 6:30a Strength 7:30a Pilates 8:30a Pilates 9:30a Pilates 10:30a Pilates	**14** 8:25a Pilates 9:15a Pilates 10:05a Pilates
15	**16** 6:30a Pilates 9:30a Pilates 10:30a Pilates 11:30a Pilates 4:30p Strength 4:45/5:35p Pilates	**17** 8:30a Pilates 9:30a Pilates 10:30a Pilates 11:30a Pilates 3:45p Pilates 4:45/5:35p Pilates	**18** 5:40a Strength 7:30/8:30a Pilates 10:30a Pilates 11:30a Pilates 4:45/5:35p Pilates	**19** 8:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	**20** 5:40a Strength 6:30a Strength 7:30a Pilates 8:30a Pilates 9:30a Pilates 10:30a Pilates	**21** 8:25a Pilates 9:15a Pilates 10:05a Pilates
22	**23** 5:40/6:30 Strength 6:30a/9:30a Pilates 10:30a Pilates 11:30a Pilates 4:30p Strength 4:45/5:35p Pilates	**24** 8:30a Pilates 9:30a Pilates 10:30a Pilates 11:30a Pilates 3:45p Pilates 4:45/5:35p Pilates	**25** 5:40a Strength 7:30/8:30a Pilates 10:30a Pilates 11:30a Pilates 4:45/5:35p Pilates	**26** **Happy Thanksgiving! No SPs today.**	**27** 7:30a Pilates 8:30a Pilates 9:30a Pilates 10:30a Pilates	**28** 8:25a Pilates 9:15a Pilates 10:05a Pilates
29	**30** 6:30a Pilates 9:30a Pilates 10:30a Pilates 11:30a Pilates 4:30p Strength 4:45/5:35p Pilates					

November 2026 Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	**2** 8:30a Strength 9:30a Strength 11:30a Flexibility 5:30p Fitness 101	**3** 7:30a Strength 8:30a Strength 9:35a Flexibility 11:30a Strength 4:30p Strength 5:30p Strength	**4** 6:30a Strength 8:30a Strength 9:30a Core Conditioning 10:30a Fitness 101	**5** 7:25a Strength 8:30a Strength 10:30a Barre/Core 5:30p Fitness 101	**6** 7:30a Barre 8:30a Flexibility 10:30a Fitness 101	**7** 9a Pietra Fitness 10:15a Core Conditioning
8	**9** 8:30a Strength 9:30a Strength 11:30a Flexibility 5:30p Fitness 101	**10** 7:30a Strength 8:30a Strength 9:35a Flexibility 11:30a Strength 4:30p Strength 5:30p Strength	**11** 6:30a Strength 8:30a Strength 9:30a Core Conditioning 10:30a Fitness 101	**12** 7:25a Strength 8:30a Strength 10:30a Barre/Core 5:30p Fitness 101	**13** 7:30a Barre 8:30a Flexibility 10:30a Fitness 101	**14** 9a Pietra Fitness 10:15a Core Conditioning
15	**16** 8:30a Strength 9:30a Strength 11:30a Flexibility 5:30p Fitness 101	**17** 7:30a Strength 8:30a Strength 9:35a Flexibility 11:30a Strength 4:30p Strength 5:30p Strength	**18** 6:30a Strength 8:30a Strength 9:30a Core Conditioning 10:30a Fitness 101	**19** 7:25a Strength 8:30a Strength 10:30a Barre/Core 5:30p Fitness 101	**20** 7:30a Barre 8:30a Flexibility 10:30a Fitness 101	**21** 9a Pietra Fitness 10:15a Core Conditioning
22	**23** 8:30a Strength 9:30a Strength 11:30a Flexibility 5:30p Fitness 101	**24** 7:30a Strength 8:30a Strength 9:35a Flexibility 11:30a Strength 4:30p Strength 5:30p Strength	**25** 6:30a Strength 8:30a Strength 9:30a Core Conditioning 10:30a Fitness 101	**26** **Happy Thanksgiving!** **No GF today.**	**27** 7:30a Barre 8:30a Flexibility 10:30a Fitness 101	**28** 9a Pietra Fitness 10:15a Core Conditioning
29	**30** 8:30a Strength 9:30a Strength 11:30a Flexibility 5:30p Fitness 101					