

Group Fitness



NOVEMBER LIVE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15a - Spin Trish 8:00a - Synergy Trish: 11/6, 11/27 Myah: 11/13, 11/20 9:00a - Yoga Myah 9:00a - Aqua Fit Trish 10:15a - Tai Chi (for arthritis) Trish 4:30p - Mixed Fit Myah 5:30p - Body Pump Bob	5:15a - Yoga Myah 8:00a - Body Pump Kristi 9:00a - Aqua Tabata Myah 4:00p - Body Pump Kristi 4:30p - Paddleboard Fitness Myah & Trish 5:30p - Body Pump Tonja 6:30p - JIU JITSU (adults) Matt Bright: 11/14, 11/21, 11/28	8:00a - HIIT Trish 9:00a - Aqua FIT Myah 10:15a - Active Agers Myah 12:15p - RPM Tonja 4:00p - Aqua Movin & Groovin Matt 4:00p - Aqua Tabata Myah 5:30p - Body Pump Casey	5:00a - JUI JITSU Matt Bright: 11/2, 11/9 5:15a - Spin Trish 8:00a - Body Pump Kristi 9:00a - Aqua HIIT Trish 5:30p - Body Pump Tonja *NO CLASSES 11/23* HAPPY THANKSGIVING!	8:00a: 11/3 - Tai Chi 11/10 - Aqua HIIT 11/17 - Turkey Burn 9:15a - Yoga Tami 4:00p - JIU JITSU (Youth) Matt Bright *NO CLASSES 11/24*	8:00a - Body Pump Bob 9:15a - JUI JITSU Matt Bright: 11/11, 11/25
Sunday					
2:00p - Yoga Leigh-Ann					



Group Fitness



IN THE DAY!

NOVEMBER VIRTUAL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:15p - The Trip (45 mins) Studio 1 3:45p - Born To Move (13-16 years old) Studio 2 6:45p - BodyBalance Studio 2		9:00a - Virtual Core (30 mins) Studio 2 6:45p - Body Attack Studio 2	12:15p - SH'BAM Studio 2 5:30p - Sprint Studio 1 6:45p - BodyBalance Studio 2	12:15p - The Trip Studio 1 3:45p - Born To Move (13-16 years old) Studio 2	9:15a - The Trip Studio 1 10:00a - GRIT Athletic Studio 2 12:15p - Body Pump Studio 2 2:00p - Core Studio 2 3:00p - Body Combat Studio 2 4:00p - The Trip Studio 1 5:00p - BodyBalance Studio 2
Sunday					
3:30p - SH'BAM Studio 2 4:30p - Sprint Studio 1					

