

November Schedule

All Classes on this schedule are free to our members (except as indicated) and are 50 minutes in duration!
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Time	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5:30am	MFIT 365 Enrollment & Fee Required	MFIT 365 Enrollment & Fee Required	MFIT 365 Enrollment & Fee Required	MFIT 365 Enrollment & Fee Required	MFIT 365 Enrollment & Fee Required		
8:00am	MFIT 365 Enrollment & Fee Required		MFIT 365 Enrollment & Fee Required		MFIT 365 Enrollment & Fee Required		
9:00am	MFIT 365 Enrollment & Fee Required	Cardio Combo w/Lisa	MFIT 365 Enrollment & Fee Required	SOULfusion w/Tammy	MFIT 365 Enrollment & Fee Required	TABATA/ PILATES 30min/25min w/Melinda	
10:00am	AIT w/Angela	Functional Training w/ Adana	AIT w/Angela	Functional Training w/ Lara	F.I.T. BARRE w/Elizabeth	STEP/ COMBO w/DEIDRA	
3:00pm							
4:00pm		MFIT 365 Enrollment & Fee Required		MFIT 365 Enrollment & Fee Required			MAX w/Lori- Beth
5:00pm	HIGH FITNESS w/CHRISTINE	FIT CAMP w/Elizabeth	FIT CAMP w/Elizabeth	KICK BOXING COMBO w/Melinda			
6:00pm	ZUMBA w/ Lara	ZUMBA w/Renee	MASH UP w/LARA	STEP/ COMBO W/DEIDRA	Cirque Fit (Beginner) Enrollment & Fee Required		
7:00pm	SOULfusion w/Tammy	RIP w/Adana	F.I.T. BARRE w/Adana	RIP w/Adana	Cirque Fit (Inter./Adv.) Enrollment & Fee Required		

