November Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Yoga 8:30-9:20am Light Weights 9:30-9:55am	2	3 Pilates 9-9:50am Light Weights 10-10:25am	4 Chair Yoga 9-9:50am	5 Light Weights 9-9:25am Light Weights 9:30-9:55am	6	7 LaBlast Aqua Fitness 10am
8 Yoga 8:30-9:20am Light Weights 9:30-9:55am	9	10 Pilates 9-9:50am Light Weights 10-10:25am	11 Chair Yoga 9-9:50am	12 Light Weights 9-9:25am Light Weights 9:30-9:55am	13	14 LaBlast Aqua Fitness 10am
15 Yoga 8:30-9:20am Light Weights 9:30-9:55am	16	17 Pilates 9-9:50am Light Weights 10-10:25am	18 Chair Yoga 9-9:50am	19 Light Weights 9-9:25am Light Weights 9:30-9:55am	20	21 LaBlast Aqua Fitness 10am
22 Yoga 8:30-9:20am Light Weights 9:30-9:55am	23 Sound Bath 6:30pm	24 Pilates 9-9:50am Light Weights 10-10:25am	25 Chair Yoga 9-9:50am	26	27	28 LaBlast Aqua Fitness 10am
29 Yoga 8:30-9:20am Light Weights 9:30-9:55am	30					

Aqua Fit
Monday - Thursday
10am

8am
Every Tuesday
Tai Chi on the Beach