

November 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct 30	Oct 31	1	2	3	4	5
		8am - S/S Circuit 530p - Spin	7am- Yoga 8am- S/S Cardio 5pm- Line Dance	8am - S/S Circuit	8am - S/S Zumba	9am-Weight/Cardio
6	7	8	9	10	11	12
	8am- S/S Circuit 530p- Zumba	8am - S/S Circuit 530p - Spin	7am- Yoga 8am- S/S Cardio 5pm- Line Dance	8am - S/S Circuit	8am - S/S Boom	9am-Weight/Cardio
	Member Appreciation				Veterans Day	
13	14	15	16	17	18	19
	8am- S/S Circuit 530p- Zumba	8am - S/S Circuit 530p - Spin	7am- Yoga 8am- S/S Cardio 5pm- Line Dance	8am - S/S Circuit	8am - S/S Zumba	9am-Weight/Cardio
20	21	22	23	24	25	26
	No Classes	No Classes	No Classes	Gym Closed	No Classes	No Classes
				Happy Thanksgiving		
27	28	29	30	1	2	3
	8am- S/S Circuit 530p- Zumba	8am - S/S Circuit 530p - Spin	7am- Yoga 8am- S/S Cardio			
4	5	6	7	8	9	10