November 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8am- S/S Circuit 5pm- Zumba 530p- Line Dance Member Apprecation	3 8am - S/S Circuit 9am- S/S Circuit 530p -Spin	4 7am- Yoga 830am- S/S Cardio 530p- Line Dance	5 8am - S/S Circuit 9am- No Class 5pm - No Class	6 8am - S/S Zumba	7 915am-Weight/Cardio 1030a- Line Dance
8	9 8am- S/S Circuit 5pm- Zumba	10 8am - S/S Circuit 9am- S/S Circuit 530p -Spin	11 7am- Yoga 830am- S/S Cardio 530p- Line Dance Veterans Day	12 8am - S/S Circuit 9am- Line Dance 5pm- Zumba	13 8am - S/S Boom	14 915am-Weight/Cardio 1030a- Line Dance
15	16 8am- S/S Circuit 5pm- Zumba	17 8am - S/S Circuit 9am- S/S Circuit 530p -Spin	18 7am- Yoga 830am- S/S Cardio 530p- Line Dance	19 8am - S/S Circuit 9am- Line Dance 5pm- Zumba	20 8am - S/S Zumba	21 915am-Weight/Cardio 1030a- Line Dance
22	23 No Classes	24 No Classes	25 No Classes	26 GYM CLOSED HAPPY THANKSGIVING	27 No Classes	28 No Classes
29	30 8am- S/S Circuit 5pm- Zumba	Dec 1	Dec 2	Dec 3	Dec 4	Dec 5
6	Dec 7	Dec 8	Dec 9	Dec 10	Dec 11	Dec 12

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