TRIANGLE FITNESS
KERNERSVILLE, NC.
24 HOUR GYM

Group Exercise Classes
November 2026

www.trianglefitness.net | 336-993-7247

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 BOOT CAMP 5:30 AM | 9:30 AM; 6:00 PM DANCE PARTY	3 CARDIO KICKBOXING 9:30 AM	4 5:30 AM ABS BLAST; 6:00 PM BOOT CAMP	5 6:00 PM DANCE PARTY	6 SPINCLASS! 30 MIN 9:30 AM RIDE AND SHINE	7 BOOT CAMP 9:00 AM
8	9 BOOT CAMP 5:30 AM | 9:30 AM; 6:00 PM DANCE PARTY	10 CARDIO KICKBOXING 9:30 AM	11 5:30 AM ABS BLAST; 6:00 PM BOOT CAMP	12 6:00 PM DANCE PARTY	13 SPINCLASS! 30 MIN 9:30 AM RIDE AND SHINE	14 9am Stretch FLOW
15	16 BOOT CAMP 5:30 AM | 9:30 AM; 6:00 PM DANCE PARTY	17 CARDIO KICKBOXING 9:30 AM	18 5:30 AM ABS BLAST; 6:00 PM BOOT CAMP	19 6:00 PM DANCE PARTY	20 SPINCLASS! 30 MIN 9:30 AM RIDE AND SHINE	21 BOOT CAMP 9:00 AM
22	23 BOOT CAMP 5:30 AM | 9:30 AM; 6:00 PM DANCE PARTY	24 CARDIO KICKBOXING 9:30 AM	25 5:30 AM ABS BLAST	26 No Classes Happy Thanksgiving	27	28
29	30 BOOT CAMP 5:30 AM | 9:30 AM; 6:00 PM DANCE PARTY					

PERSONAL TRAINING Available Here