

**NO GROUP FITNESS CLASSES  
NOV 26TH-30TH  
FOR THANKSGIVING BREAK**



# NOVEMBER GROUP FITNESS



| TIME     | MONDAY                                                  | TUESDAY                                                  | WEDNESDAY                              | THURSDAY                                                 | FRIDAY                                                 | SATURDAY          | SUNDAY                                                   |
|----------|---------------------------------------------------------|----------------------------------------------------------|----------------------------------------|----------------------------------------------------------|--------------------------------------------------------|-------------------|----------------------------------------------------------|
| 05:30AM  | <b>GRIT</b>   STRENGTH<br><b>VIRTUAL</b>                | <b>GRIT</b>   CARDIO<br><b>VIRTUAL</b>                   | <b>LES MILLS</b><br><b>PUMP/CORE</b>   | <b>GRIT</b>   ATHLETIC<br><b>VIRTUAL</b>                 | <b>LES MILLS</b><br><b>PUMP/CORE</b><br><b>VIRTUAL</b> | <u>NOV 1</u>      | <b>LES MILLS</b><br><b>BODYCOMBAT</b><br><b>VIRTUAL</b>  |
| 09:00AM  | <b>LES MILLS</b><br><b>BODYCOMBAT</b><br><b>VIRTUAL</b> | <b>LES MILLS</b><br><b>BODYPUMP</b>                      |                                        | <b>LES MILLS</b><br><b>BODYATTACK</b><br><b>VIRTUAL</b>  |                                                        | <b>NO CLASSES</b> | <b>LES MILLS</b><br><b>BODYPUMP</b><br><b>VIRTUAL</b>    |
| 9:30AM   | <b>CIRCUIT</b>                                          |                                                          |                                        |                                                          |                                                        | <u>NOV 8TH</u>    | <b>CORE</b><br><b>VIRTUAL</b>                            |
| 11:00AM  |                                                         |                                                          |                                        |                                                          |                                                        | <b>9:30AM</b>     |                                                          |
| 12:15PM  | <b>GRIT</b>   STRENGTH<br><b>VIRTUAL</b>                |                                                          | <b>GRIT</b>   CARDIO<br><b>VIRTUAL</b> |                                                          | <b>GRIT</b>   ATHLETIC<br><b>VIRTUAL</b>               |                   | <b>GRIT</b>   ATHLETIC<br><b>VIRTUAL</b>                 |
| 03:00PM  |                                                         |                                                          |                                        |                                                          |                                                        | <u>NOV 15TH</u>   | <b>LES MILLS</b><br><b>BODYCOMBAT</b><br><b>VIRTUAL</b>  |
| 04:30 PM |                                                         | <b>LES MILLS</b><br><b>BODYBALANCE</b><br><b>VIRTUAL</b> |                                        | <b>LES MILLS</b><br><b>BODYBALANCE</b><br><b>VIRTUAL</b> |                                                        | <b>9:30AM</b>     | <b>LES MILLS</b><br><b>BODYPUMP</b><br><b>VIRTUAL</b>    |
| 05:00PM  |                                                         |                                                          |                                        |                                                          |                                                        |                   |                                                          |
| 05:30PM  | <b>LES MILLS</b><br><b>GRIT</b>                         | <b>PILATES</b>                                           | <b>LES MILLS</b><br><b>GRIT</b>        | <b>PILATES</b>                                           |                                                        | <u>NOV 22ND</u>   |                                                          |
| 06:15PM  |                                                         |                                                          |                                        |                                                          |                                                        | <b>9:30AM</b>     | <b>LES MILLS</b><br><b>BODYBALANCE</b><br><b>VIRTUAL</b> |
| 06:30PM  | <b>BYOB</b>                                             | <b>ZUMBA</b>                                             | <b>BYOB</b>                            | <b>LES MILLS</b><br><b>BODYPUMP</b>                      |                                                        |                   |                                                          |

- GRIT - 30 MIN HIIT
- BODY PUMP - 45 MIN OR 1 HR FULL BODY
- ZUMBA - 1HR DANCE CARDIO
- LIFT - MEN'S BIBLE STUDY/LIFT SESSION

- PILATES - 45 MIN CORE, TONING, FLEXIBILITY
- CIRCUIT - 1HR FULL BODY
- BYOB (BUILD YOUR OWN BODY) - 1HR FULL BODY
- CORE - 30 MIN