

ISP Small Group Fitness Schedule – November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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6am						
7am						
8:15a		Short Circuits w/ Tony		Short Circuits w/ Tony		
9am	GBM: Ground- based mobility w/ Tony		GBM w/ Tony			
10am						
Noon		Lunch-time group fitness w/ Tony	Short Circuits w/ Tony			
5pm						
7pm						