

NOVEMBER FITNESS SCHEDULE — ALBIAN



DOWNLOAD OUR APP from the Apple APP or Google Play Stores (find links on Fitness Brigade website).

All spots in classes must be booked through our Fitness Brigade App or using links on the Fitness Brigade Website!

When classes are full, waitlists will be activated and you will be informed if someone cancels and a spot opens up.

Classes will be held in the Yoga Studio

Spin will be held in the Main Gym

	MON	TUE	WED	THU	FRI	SAT	SUN
9:15am – 10:00am	Personal Training By Appointment (MON-SUN)						
2:30pm – 3:15pm	Shell Shock	Flex	Echo Power	Yoga	Grit	Yoga	Ab Strike (30 min)
3:30pm – 4:15pm	Circuit (MON-SUN)						
5:15pm – 6:00pm	Ab Strike (30 min)	Shell Shock	Ab Strike (30 min)	Flex	Ab Strike (30 min)	Personal Training	Personal Training
6:15pm – 7:00pm	Spin	Ab Strike (30 min)	Echo Power	Spin	Grit		
7:05pm – 7:50pm	Grit	Yoga Meditation	Shell Shock	Flex	Yoga Meditation		