November 2019 Group Fitness Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		29	30	31	1	2
		BattleRopes 1:00pm	1			
		Kickboxing 6:00pm	BattleRopes 7:45pm	Circuit HIIT 9:00am		
3	4	5	6	7	8	9
	Circuit HIIT 10:00am					
	No Limits 6:00pm	BattleRopes 1:00pm	Spin 6:00pm			
	Spin 6:30pm	Kickboxing 6:00pm	BattleRopes 7:45pm	Circuit HIIT 9:00am		
10	11	12	13	14	15	16
	Circuit HIIT 10:00am No Limits 6:00pm	BattleRopes 1:00pm	Snin 6:00nm			
	Spin 6:30pm	Kickboxing 6:00pm		Circuit HIIT 9:00am		
17	18	19	20	21	22	23
		1 —				
	Ciruit HIIT 10:00am					
	No Limits 6:00pm Spin 6:30pm	BattleRopes 1:00pm Kickboxing 6:00pm	Spin 6:00pm BattleRopes 7:45pm	Circuit HIIT 9:00am		
24	25			28	29	30
						30
	Circuit HIIT 10:00am		Spin 6:00pm			
	No Limits 6:00pm	BattleRopes 1:00pm	BattleRopes 7:45pm			
	Spin 6:30pm	Kickboxing 6:00pm	Zumba 8:30pm	Circuit HIIT 9:00am		
1	2	3	4	5	6	7
	Circuit LIIIT 40:00					
	Circuit HIIT 10:00am No Limits 6:00pm	BattleRopes 1:00pm	Spin 6:00pm			
	Spin 6:30pm	Kickboxing 6:00pm	BattleRopes 7:45pm	Circuit HIIT 9:00am		