

November 2019 Group Fitness Classes

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
					29		30		31		1		2
				BattleRopes 1:00pm Kickboxing 6:00pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am					
	3		4		5		6		7		8		9
		Circuit 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					
	10		11		12		13		14		15		16
		Circuit 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					
	17		18		19		20		21		22		23
		Circuit 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		26		27		28		29		30
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm Kickboxing 6:00pm		Spin 6:00pm BattleRopes 7:45pm Zumba 8:30pm		Circuit HIIT 9:00am					
	1		2		3		4		5		6		7
		Circuit 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					