

November Schedule

Yoga/Barre

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
8:00a							
8:30a							
9:00a							
9:15a							
9:30a	BARRE JADE		BARRE KELLY		BARRE KELLY		
9:45a							
10:00a							
12:15p	WARRIOR FLOW CYNTHIA	BARRE KELLY	WARRIOR FLOW KAITLIN	BARRE KELLY	WARRIOR FLOW KAITLIN		
AFTERNOON/EVENING							
3:00p							
4:15p							
4:30p							
5:45p	WARRIOR FLOW RITA	ALL LEVEL YOGA NICOLE	SOLAR FLOW JOE	WARRIOR FLOW TORI			
6:30p							
7:00p							

Redzone

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30a							
6:00a	REDZONE ROBERT	REDZONE YANCEY	REDZONE JADE	REDZONE STAR	REDZONE ROB		
8:00a							
8:30a							
9:00a	REDZONE ROBERT		REDZONE JADE		REDZONE ROB		
9:15a							
9:30a						REDZONE	
9:45a							
11:00a		REDZONE ROB		REDZONE ROB			
12:00p	REDZONE ROBERT		REDZONE ROB		REDZONE ROB		
AFTERNOON/EVENING							
3:00p							
4:15p							
4:30p							
5:30p		REDZONE ROBERT		REDZONE EMILY			
6:00p	REDZONE ENGLISH		REDZONE STAR				
7:00p							