

November Schedule

Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
7:30a		3-2-1 Fit 30 Melissa		3-2-1 Fit 30 Melissa			
8:00a							
8:30a	Cardio Strength Pam	Cardio Strength Jeananne	Cardio Strength Pam	Cardio Strength Tracy	Cardio Strength Pam		
9:00a							
9:15a							
9:30a	Diesel Conditioning Tracy		Diesel Conditioning Tracy		Diesel Conditioning Tracy	BodyPump Anna/Lisa	
9:45a							
10:30a	BodyPump Andrea	Definitions Jennifer	BodyPump Erica	Definitions Jennifer			
11:00a					Basic Conditioning Pam Greer		
AFTERNOON/EVENING							
3:00p	Basic Conditioning Pam		Basic Conditioning Pam				
4:30p	Cardio Strength Pam		Cardio Strength Pam		Definitions Becky		
5:30p	3-2-1 Fit Sidney	Definitions Jeanneanne	3-2-1 Fit Sidney	Definitions Sue			
6:30p							

Cycle

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30a							
6:00a	Studio Cycle Amy		Studio Cycle Becky		Studio Cycle Andrea		
8:00a		Studio Cycle Becky		Studio Cycle Becky			
8:30a	Studio Cycle Jenn		Studio Cycle Jenn		Studio Cycle Jenn	Studio Cycle	
9:00a							
9:15a		Studio Cycle Becky		Studio Cycle Becky			
9:30a					Studio Cycle Jess	Studio Cycle	
9:45a							
10:00a							Studio Cycle Becky Benton
12:00p		Studio Cycle Catherine		Studio Cycle Catherine			
AFTERNOON/EVENING							
4:00p							Studio Cycle Catherine
5:30p	Studio Cycle Amy	Studio Cycle Shannon	Studio Cycle Amy	Studio Cycle Jennifer			

Yoga/Barre

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
8:00a		Warrior Flow Cynthia		Warrior Flow Kristen			
8:30a						Barre Fusion Jade	Solar Flow 75 Jim
9:15a	Solar Flow 75 Cathy	Warrior Flow Gretchen	Solar Flow 75 Katherine	Warrior Flow Cathy	Solar Flow 75 Curtis		
9:30a		Barre Fusion Jade		Barre Fusion Mandi			
9:45a							
10:00a						All Levels Yoga Victoria	
10:45a	Deep Stretch Cathy	Deep Stretch Cynthia	Deep Stretch Cynthia	Deep Stretch Cathy	Deep Stretch Curtis		
12:00p	Barre Fusion Jade		Barre Fusion Jade		Barre Fusion Jeannane		
12:15p		Warrior Flow Kaitlin	Warrior Flow Darcy	Warrior Flow Darcy	Warrior Flow Kaitlin		
AFTERNOON/EVENING							
4:30p		Barre Fusion Mandi		Barre Fusion Victoria			
5:00p							Warrior Flow Rachel
5:45p		Solar Flow 75 Darcy	All Levels Yoga Victoria	All Levels Yoga Rita			
6:30p	Warrior Flow 75 Jim						
7:15p		Deep Stretch Darcy					

Redzone

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:15a	Redzone Express Yancey						
6:00a			RedZone Robert				
7:00a	RedZone Yancey		RedZone Robert		RedZone Jade		
8:00a		RedZone Yancey		Redzone Jade		RedZone Megan	
8:15a	RedZone Yancey		RedZone Robert		RedZone Jade		
8:30a							
9:15a						RedZone Megan	
9:30a	RedZone Yancey	RedZone Yancey	RedZone Robert	RedZone Jade	RedZone Jade		
9:45a							
11:00a							
AFTERNOON/EVENING							
3:00p							
4:15p							
4:30p		RedZone Jade		RedZone Jade			
5:30p	RedZone Robert		RedZone Robert				
6:30p	RedZone Robert		RedZone Robert				

Forge

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
6:00a		Forge Rob		Forge Rob			
8:30a		Forge Rob		Forge Rob			
10:30a	Forge Chad				Forge Chad		
11:00a							
AFTERNOON/EVENING							
3:00p							
4:15p							
5:30p		Forge Kevin		Forge Kevin			

