

November Schedule

Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
8:30a		Cardio Strength CASEY		Cardio Strength JENNIE		Dance Jam CHRIS	
9:30a	Body Pump LAURA		Body Pump LAURA	Cardio Step LAURA			
9:45a						Body Pump RENAE	
10:30a		Zumba BROOKE	Dance Jam KARISSA	Dance Jam RYAN			Dance Jam KARISSA
11:00a							
AFTERNOON/EVENING							
12:00p							
5:00p	Body Pump RENAE	Cardio Step LAURA					
5:30p			Core de Force JENNIE	Dance Jam HEATHER S			
6:00p	Dance Jam CHRIS						
6:30p		Zumba JACKIE	Zumba JACOB	Definitions HEATHER S			
7:00p							

Yoga/Barre

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30a			Core Cuts 30 RENAE				
8:30a							
9:30a	Body Flow MELANIE	Barre HEATHER	All Levels Yoga KORIN	Pilates/Barr e Fusion KELLI		Barre HEATHER J	
10:30a							
11:00a						Body Flow MELANIE	
AFTERNOON/EVENING							
12:00p			Barre 30 HEATHER J				
4:30p	Core Cuts 30 RENAE		Barre HEATHER J	Core Cuts 30 RENAE			
5:00p					Barre ADRIANNE		
6:00p	Barre HEATHER J	All Levels Yoga ALYSSA		All Levels Yoga KORIN			
6:30p							
7:00p	All Levels Yoga KORIN		All Levels Yoga ALYSSA				

Redzone

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30a							
6:00a							
8:00a							
8:30a		REDZONE Molly		REDZONE Yancey		REDZONE Molly	
9:30a	REDZONE Molly		REDZONE Molly		REDZONE Yancey		
10:00a							
10:30a							
11:00a							
12:00pm	REDZONE 30 Molly						
AFTERNOON/EVENING							
3:00p							
4:30p	REDZONE Yancey		REDZONE Lauren		REDZONE Molly		
5:45p	REDZONE Yancey		REDZONE Lauren				
6:00p		REDZONE Molly		REDZONE Molly			
6:30p							
7:00p							

Forge

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:00a	FORGE LAURA	FORGE LAURA	FORGE LAURA	FORGE LAURA	FORGE LAURA		
6:00a							
8:00a	FORGE LAURA	FORGE LAURA	FORGE LAURA	FORGE LAURA	FORGE LAURA		
8:15a						FORGE LAURA	
10:00a							
AFTERNOON/EVENING							
3:00p							
4:30p							
5:00p	FORGE LAURA	FORGE LAURA	FORGE LAURA	FORGE LAURA	FORGE LAURA		
6:00p	FORGE LAURA	FORGE LAURA	FORGE LAURA				
7:00p							