

November Schedule

Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
9:30a		Bodypump Angie	Core Cuts Tiffany		Deep Stretch Fred 30min.	Zumba Kirsten	
9:45a				Bodypump Tiffany			
10:30a						Bodypump Lauren	
AFTERNOON/EVENING							
4:15p		Bodypump Tiffany		Bodypump Lauren	3-2-1 Fit Tiffany		
5:30p	3-2-1 Fit Karen	Funk N Weights Angelo	Bodypump Tiffany	Funk N Weights Angelo			
6:30p	Zumba Michelle						

Cycle

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
6:00a		Cycle 60 Brett					
8:30a					20-20-20 Cycle Angie	Cycle 60 Lauren	
9:00a			Cycle 30 Angie				
AFTERNOON/EVENING							
4:30p	Cycle 30 Tiffany						
6:00p		Cycle 45 Tiffany		Cycle 30 Lauren			

Yoga/Barre

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
8:30a	Barre Ashley	Barre Ashley		Yoga Cherish		Yoga Joe	
9:30a	Barre Ashley		Barre Ashley		Barre Ashley		
9:45a		Yoga Cherish		Barre Ashley		Barre	
AFTERNOON/EVENING							
4:30p	Barre Kelly			Yoga Kelly			
5:00p							Yoga Kelly
5:30p	Barre Kelly	Barre Kelly	Barre Kelly	Barre Kelly			
6:30p		Yoga Megan					

REDZONE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30a	Redzone Jessie		Redzone Yancey				
8:30a	Redzone Tiffany	Redzone Fred	Redzone Yancey	Redzone Tiffany			
9:30a						Redzone Tiffany	
9:45a					Redzone Lauren		
10:30a							
AFTERNOON/EVENING							
4:15p	Redzone Lauren		Redzone Yancey				
5:30p	Redzone Tiffany	Redzone Angie	Redzone Yancey	Redzone Rob	Redzone Lauren		