



Class Schedule



NOVEMBER



2024

MONDAY

SPIN	7:30AM to 8:30AM
MAT PILATES	9:00AM to 10:00AM
HIIT	5:15PM to 6:15PM

FRIDAY

C.S.I. <small>Cardio, Strength + Interval</small>	7:30AM to 8:30AM
MAT PILATES	9:00AM to 10:00AM

TUESDAY

YOGA	8:30AM to 9:30AM
BUTTS & GUTS	9:45AM to 10:45AM
ZUMBA	5:15PM to 6:15PM

SATURDAY

PEDAL + PUMP	7:30AM to 8:30AM
ZUMBA	8:45AM to 9:45AM
HIIT	10:00AM to 11:00AM

WEDNESDAY

PEDAL + PUMP	7:30AM to 8:30AM
MAT PILATES	9:00AM to 10:00AM

**NO CLASS / CLASS CHANGES:

PEDAL + PUMP BUTTS & GUTS C.S.I.	NO CLASS: 11/27-30
PILATES	SUB: 11/8 NO CLASS: 11/27 & 11/29
YOGA	SUB: 11/7, 11/12 & 11/14
HIIT	SUB: 11/9

THURSDAY

YOGA	8:30AM to 9:30AM
BUTTS & GUTS	9:45AM to 10:45AM
ZUMBA	5:15PM to 6:15PM