

Class Schedule



NOVEMBER



2023

BOOTCAMP

Spin + Core

****NO CLASS!**

11/20, 11/22, 11/24, 11/25 & 11/27

Monday	7:30AM to 8:45AM *45 minutes Spin & 30 minutes Core
Wednesday	7:30AM to 8:45AM *45 minutes Spin & 30 minutes Core
Friday	7:30AM to 8:45AM *45 minutes Spin & 30 minutes Core
Saturday	7:15AM to 8:15AM *30 minute Spin + 30 minute Core

SPIN

****NO CLASS!**

11/20, 11/22, 11/24, 11/25 & 11/27

Wednesday	4:30PM to 5:30PM
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MAT PILATES

****NO CLASS!**

11/20 & 11/22

Monday	9:00AM to 10:00AM
Wednesday	9:00AM to 10:00AM
Friday	9:00AM to 10:00AM

YOGA

****NO CLASS!**

11/23 & 11/30

Tuesday	8:30AM to 9:30AM
Thursday	8:30AM to 9:30AM

ZUMBA

****THANKSGIVING CLASS!**

11/23 - 8:30AM TO 9:30AM

Tuesday	5:15PM to 6:15PM
Thursday	5:15PM to 6:15PM
Saturday	8:30AM to 9:30AM