




November 2017

Group Fitness



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 10:00 AM (45) BodyBLAST- DP</p> <p>11:00AM (30) Low Impact- DP</p> <p>5:30 PM (45) Get RIPPED- AO</p> <p>6:30 PM (45) Tabata- AR</p>	<p>2 10:00 AM (60) P90X- DP</p> <p>5:30PM (60) YOGA- RN</p> <p>6:30 PM (45) Guns & Buns- AO</p>	<p>3 9:30 AM (45) WaterWorks- CM</p> <p>10:00 AM (60) CORE DE FORCE- DP</p>	<p>4 9:00 AM (60) CORE DE FORCE (DP)</p> <p>10:15 AM (60) Zumba- SR</p>
<p>5 8:45 AM (45) WaterWorks- CP</p>	<p>6 10:00 AM (45) Get RIPPED- SB 11:00 AM (60) YOGA- BG 11:30 AM (45) WaterWorks- CM</p> <p>5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- AR</p>	<p>7 9:30 AM (45) WaterWorks- CM</p> <p>10:00 AM (45) Pilates Fusion- CF</p> <p>5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN</p>	<p>8 10:00 AM (45) BodyBLAST- DP</p> <p>11:00AM (30) Low Impact- DP</p> <p>5:30 PM (45) Get RIPPED- AO</p> <p>6:30 PM (45) Tabata- AR</p>	<p>9 10:00 AM (60) P90X- DP</p> <p>5:30PM (60) YOGA- RN</p> <p>6:30 PM (45) Guns & Buns- AO</p>	<p>10 9:30 AM (45) WaterWorks- CM</p> <p>10:00 AM (60) CORE DE FORCE- DP</p>	<p>11 9:00 AM (45) Guns & Buns- AO</p> <p>10:15 AM (60) Zumba- JH</p>
<p>12 8:45 AM (45) WaterWorks- CP</p>	<p>13 10:00 AM (45) Get RIPPED- SB 11:30 AM (45) WaterWorks- CM</p> <p>5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- SR</p>	<p>14 9:30 AM (45) WaterWorks- CM</p> <p>10:00 AM (45) Pilates Fusion- CF</p> <p>5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN</p>	<p>15 10:00 AM (45) BodyBLAST- DP</p> <p>11:00AM (30) Low Impact- DP</p> <p>5:30 PM (45) Get RIPPED- AO</p> <p>6:30 PM (45) Tabata- AR</p>	<p>16 10:00 AM (60) P90X- DP</p> <p>5:30PM (60) YOGA- RN</p> <p>6:30 PM (45) Guns & Buns- AO</p>	<p>17 9:30 AM (45) WaterWorks- CM</p> <p>10:00 AM (60) CORE DE FORCE- DP</p>	<p>18 9:00 AM (45) BodyBLAST- DD</p> <p>10:15 AM (60) Zumba- JH</p>
<p>19 8:45 AM (45) WaterWorks- CP</p>	<p>20 10:00 AM (45) Get RIPPED- SB 11:00 AM (60) YOGA- BG 11:30 AM (45) WaterWorks- CM</p> <p>5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- AR</p>	<p>21 9:30 AM (45) WaterWorks- CM</p> <p>10:00 AM (45) Pilates Fusion- CF</p> <p>5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN</p>	<p>22 10:00 AM (45) BodyBLAST- DP</p> <p>11:00AM (30) Low Impact- DP</p> <p>5:30 PM (45) Get RIPPED- AO</p> <p>6:30 PM (45) Tabata- AR</p>	<p>23 <i>Club is Closed</i></p> 	<p>24 Club Open</p> <p>10:00 AM (45) WaterWorks- CM</p> <p>10:00 AM (60) CORE DE FORCE- DP</p>	<p>25 9:00 AM (60) P90X- DP</p> <p>10:15 AM (60) Zumba- SR</p>
<p>26 8:45 AM (45) WaterWorks- CP</p>	<p>27 10:00 AM (45) Get RIPPED- SB 11:30 AM (45) WaterWorks- CM</p> <p>5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- SR</p>	<p>28 9:30 AM (45) WaterWorks- CM</p> <p>10:00 AM (45) Pilates Fusion- CF</p> <p>5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN</p>	<p>29 10:00 AM (45) BodyBLAST- DP</p> <p>11:00AM (30) Low Impact- DP</p> <p>5:30 PM (45) Get RIPPED- AO</p> <p>6:30 PM (45) Tabata- AR</p>	<p>30 10:00 AM (60) P90X- DP</p> <p>5:30PM (60) YOGA- RN</p> <p>6:30 PM (45) Guns & Buns- AO</p>	