

strength & toning

MONTHLY CLASS SCHEDULE



NOVEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 BODYPUMP Naomi 5:30-6:30 am (G2) BODYPUMP Amber 10:15-11:00 am (G2)	2 BODYPUMP Katya 10:00-11:00 am (G2)	3 BODYPUMP Humberto 10:45-11:45 am (G2)
4 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) BODYPUMP Humberto 7:00-8:00 pm (G2)	5 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Tammy 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	6 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP Yvonne 5:15-6:00 pm (G2)	7 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Yvonne 4:45-5:45 pm (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	8 BODYPUMP Naomi 5:30-6:30 am (G2) BODYPUMP Katya 10:15-11:00 am (G2)	9 BODYPUMP Alyssa 10:00-11:00 am (G2)	10 BODYPUMP Yvonne 10:45-11:45 am (G2)
11 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	12 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Tammy 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	13 BODYPUMP Yvonne 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	14 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Yvonne 4:45-5:45 pm (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	15 BODYPUMP Naomi 5:30-6:30 am (G2) BODYPUMP Amber 10:15-11:00 am (G2)	16 BODYPUMP Katya 10:00-11:00 am (G2)	17 BODYPUMP Humberto 10:45-11:45 am (G2)
18 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	19 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Tammy 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	20 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP Yvonne 5:15-6:00 pm (G2)	21 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Yvonne 4:45-5:45 pm (G2) BODYPUMP Humberto 7:00-8:00 pm (G2)	22 BODYPUMP Naomi 5:30-6:30 am (G2) BODYPUMP Katya 10:15-11:00 am (G2)	23 BODYPUMP Alyssa 10:00-11:00 am (G2)	24 BODYPUMP Sandy 10:45-11:45 am (G2)
25 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	26 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Tammy 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	27 BODYPUMP Yvonne 5:30-6:30 am (G2) Special Event CARVED Circuit: 9-10:30am See flyer (C2, G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	28 	29 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Naomi 10:15 - 11:00 am (G2)	30 BODYPUMP Humberto 10:00-11:00 am (G2)	

PLEASE NOTE: Instructor schedules are posted at the beginning of the month and are subject to change.