

# November

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## GROUP EX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:15-ST/CT-Jo Ann 10:30-Yoga- Maggie 5:30-PIYO- Stephanie 6:30-Jamz- Karen	2 9:15-Lift & Tone-Jennifer 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Jo Ann <b>6:15-Parent/Child-Circuit Stations- Nell</b>	3 9-Ripped-Alexis 10:10-Yoga-Tina 11:20-Easy Yoga- Tina
5 9:15-Ripped- Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Insanity- Lisa 6:30-Barre-Sara	6 9:15-Lift & Tone-Dan 10:30-Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-Tabata- Nell 6:30-Lift & Tone-Geri	7 9:15-Jamz- Petra 10:30-Sit & Fit-Marcella 5:30-Turbo Kick-Kelly S 6:30-Easy Yoga- Tina	8 9:15-20/20/20- Molly 10:30 Yoga-Maggie 5:30-PIYO-Stephanie 6:30-Jamz- Petra	9 9:15-Lift &Tone-Marcella 10:25-Resist-a-Ball-Suz 11:35-Sit & Fit- Debbie <b>6:15- Parent/Child-Easy Yoga- Tina</b>	10 9-Tabata-Valerie 10:10-Yoga-Geri 11:20-Easy Yoga-Geri
12 9:15-Turbo Kick- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Robin 5:30-CT/ABS- Geri 6:30-Barre-Sara	13 9:15-Lift & Tone-Jennifer 10:30- Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-Ripped-Krista 6:30-Lift & Tone- Nell	14 9:15-Jamz- Petra 10:30-Sit & Fit- Jo Ann 5:30-Tabata-Kelly S 6:30-Easy Yoga- Geri	15 9:15-ST/CT- Jennifer 10:30 Yoga- Maggie 5:30-PIYO- Stephanie 6:30-Jamz- Petra	16 9:15-Lift & Tone-Ali 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Jo Ann <b>6:15-Parent/Child-Circuit Stations- Geri</b>	17 9-Resist-a-Ball/CT-Molly <b>10:10-Yoga- Jamie</b>
19 9:15-Ripped-Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis 6:30-Barre-Sara	20 9:15-Lift & Tone-Marcella 10:30-Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-Tabata-Kelly S 6:30-Lift & Tone- Krista	21 9:15-Jamz-Petra 10:30-Sit & Fit-Jo Ann <b>Enjoy your Evening!</b>	22 <b>HAPPY THANKSGIVING!</b>	23 <b>9:15-Lift &amp; Tone- Amy L</b>	24 9-Jamz- Petra 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
26 9:15-20/20/20- Amy L 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis 6:30-Barre- Sara	27 9:15-Lift & Tone- Terry 10:30-Yoga-Maggie 11:35-Chair Pilates- Suz 5:30-Ripped- Krista 6:30-Lift & Tone- Geri	28 9:15-Jamz- Petra 10:30-Sit & Fit-Jo Ann 5:30-Tabata- Kelly S 6:30-Easy Yoga- Geri	29 9:15-ST/CT-Jo Ann <b>10:30 Yoga/Pilates-Robin</b> 5:30-PIYO- Alexis 6:30-Jamz- Petra	30 9:15-lift & Tone-Valerie 10:25-Resist-a-Ball-Suz 11:35-Sit & Fit- Debbie <b>6:15-Parent/Child-JAMZ- Karen</b>	