

November Weekly Group Schedule

Monday	Tuesday	Wednesday	Thursday
	5:45am Step/Combat/Pump		5:45am Step/Combat/Pump
9:00am TRX H.I.T.T	8:00am Pilates		9:15am TRX H.I.T.T.
11:00am Senior Fit		11:00am Senior Fit	
4:00pm Step/Tone		4:00pm Step/Tone	
Friday	Saturday	Sunday	
9:00am Pilates			
11:00am Senior Fit		2:00pm Yoga*	

*Intermediate - advance yoga clients are welcome to participate in all yoga classes.

Group schedule is subject to change.