

November Weekly Group Schedule

Monday	Tuesday	Wednesday	Thursday
5:30am Bootcamp	6:00am Combat/Pump	5:30am Bootcamp	6:00am Combat/Pump
9:00am Beginner Yoga*	9:00am Stretch/Roll	9:00am Beginner Yoga*	
11:00am Senior Fit	10:00am Senior Stretch	11:00am Senior Fit	10:00am Senior Stretch
4:25pm Youth Sports Camp		4:25pm Youth Sports Camp	
5:30pm Bootcamp		5:30pm Bootcamp	
6:30pm Yoga**			
Friday	Saturday	Sunday	
5:30am Bootcamp		1:00pm Beginner Yoga*	
9:00am Stretch/Roll			
11:00am Senior Fit			
5:30pm Bootcamp			

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

We teach to the beginner in all classes.

**6:30pm yoga class will start November 14th.

Group schedule is subject to change.