

November Class Schedule

TIME	SUN	MON	TUES	WED	THURS	FRI	SAT
8:00am - 9:00 ish		MUSCLE MONDAY				KICKBOXING No class 11/29	
8:00am-9:15am				BARRE STRENGTH! *Cardio Strength 11/27!			SATURDAY SHOWDOWN! No class 11/30
9:00am - 10:00am					TOTAL BODY THURSDAY (Cardio/Strength)! No class 11/28)		
9:15am - 10:15am			UNLEASH YOUR BEAST (BOOT CAMP 11/5 & 11/19)				
4:45pm - 5:45pm		VIRTUAL CLASS at gym	VIRTUAL CLASS at gym	VIRTUAL CLASS at gym	VIRTUAL CLASS at gym		
5:45pm - 6:45pm							