November 2026 Class Schedule

TIME	SUN	MON	TUES	WED	THURS	FRI	SAT
8:00am - 9:00 ish		MUSCLE MONDAY				PUNCH AND PUMP! (Closed 11/27)	
8:00am-9:15am				WORKOUT WEDNESDAY!			SATURDAY SHOWDOWN! (No live class 11/7 and 11/28)
9:00am - 10:00am					BARRE THURSDAY! (Closed 11/26)		
9:15am - 10:15am			BOOT CAMP (3/17) Trampoline Tuesday (10/24)				
4:30-5:30pm		VIRTUAL CLASS	VIRTUAL CLASS at gym	VIRTUAL CLASS at gym	VIRTUAL CLASS at gym		
5:45pm - 6:45pm							