



November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
New Sunday Schedule through the holidays		515 RPM CAROLINA 815 BODYPUMP AMANDA 920 MAX TONING ZUMBA TRACY 920 RPM ANN 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP KAREN 100 SILVER SNEAKERS TRACY 430 CARDIO HIP HOP SCARLETT 535 BODYPUMP CHARLIE 640 POWER YOGA HANNAH	500 BODYPUMP CAROLINA 815 BODYATTACK KAREN/ANGIE 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 YOGA GOLD BRENDA 1200 CYCLE JORDAN/JAQUELYN 430 BODYPUMP CHARLIE/HOLLIS 535 CLUB ZUMBA TRACY	515 RPM CAROLINA 815 BODYPUMP KAREN/YATES 920 BODYATTACK EXPRESS KAREN 920 CYCLE CHALLENGE JULIE 950 YOGA (30 MIN) BRENDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP CHARLIE 100 SILVER SNEAKERS ANGIE 430 HIIT 2 FIT COURTNEY 535 MAX TONING TRACY	500 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY/KAREN 920 BODYPUMP ASHLEY/ANGIE 920 YOGA (UPSTAIRS) BRENDA 1030 SILVER SNEAKERS STABILITY COURTNEY 1130 SILVER SNEAKERS DAVID 1200 RPM ANN 530 POWER YOGA HANNAH	815 BODYCOMBAT KAREN/TRACY 920 BODYPUMP KAREN 1030 ZUMBA KICK TRACY 1030 RPM HILLARY
6	7	8	9	10	11	12
200 BODYPUMP CHARLIE 300 YOGA NO CLASS 530 POWER YOGA HANNAH	500 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 LOW IMPACT CARDIO KIM 1130 SILVER SNEAKERS ANGIE 1200 SPRINT (30 min) AMANDA 430 BODYPUMP ASHLEY 535 POUND TRACY	515 RPM CAROLINA 815 BODYPUMP AMANDA 920 MAX TONING ZUMBA TRACY 920 RPM ANN 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP KAREN/YATES 100 SILVER SNEAKERS TRACY 430 CARDIO HIP HOP SCARLETT 535 BODYPUMP CHARLIE 640 POWER YOGA HANNAH	500 BODYPUMP CAROLINA 815 BODYATTACK KAREN/ANGIE 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 YOGA GOLD BRENDA 1200 CYCLE (30 min) JAQUELYN 430 BODYPUMP CHARLIE/HOLLIS 535 CLUB ZUMBA TRACY	515 RPM CAROLINA 815 BODYPUMP KAREN 920 BODYATTACK EXPRESS KAREN 920 CYCLE CHALLENGE HILLARY 950 YOGA (30 MIN) BRENDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP CHARLIE 100 SILVER SNEAKERS ANGIE 430 HIIT 2 FIT ASHLEY 535 MAX TONING TRACY	500 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY/KAREN 920 BODYPUMP ASHLEY/ANGIE 920 YOGA (UPSTAIRS) BRENDA 1030 SILVER SNEAKERS STABILITY BRENDA 1130 SILVER SNEAKERS DAVID 1200 RPM ANN 530 POWER YOGA HANNAH	815 BODYCOMBAT KAREN/TRACY 920 BODYPUMP AMANDA/CHARLIE 1030 CARDIO HIP HOP STEPHANIE 1030 SPRINT AMANDA
13	14	15	16	17	18	19
200 BODYPUMP HOLLIS/YATES 300 YOGA JANE 530 POWER YOGA HANNAH	515 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 LOW IMPACT CARDIO KIM 1130 SILVER SNEAKERS DAVID 1200 SPRINT (30 min) AMANDA 430 BODYPUMP ASHLEY/LEXI 535 POUND TRACY	515 RPM CAROLINA 815 BODYPUMP AMANDA 920 MAX TONING ZUMBA TRACY 920 RPM ANN 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP KAREN/YATES 100 SILVER SNEAKERS TRACY 430 CARDIO HIP HOP SCARLETT 535 BODYPUMP CHARLIE 640 POWER YOGA HANNAH	515 BODYPUMP CAROLINA 815 BODYATTACK KAREN/ANGIE 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 YOGA GOLD BRENDA 1200 SPRINT (30 min) JORDAN 430 BODYPUMP CHARLIE/HOLLIS 535 CLUB ZUMBA TRACY	515 RPM CAROLINA 815 BODYPUMP KAREN/YATES 920 BODYATTACK EXPRESS KAREN 920 CYCLE CHALLENGE JULIE 950 YOGA (30 MIN) BRENDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP CHARLIE 100 SILVER SNEAKERS ANGIE 430 HIIT 2 FIT ASHLEY 535 MAX TONING TRACY	515 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY/KAREN 920 BODYPUMP ASHLEY/ANGIE 920 YOGA (UPSTAIRS) BRENDA 1030 SILVER SNEAKERS STABILITY BRENDA 1130 SILVER SNEAKERS DAVID 1200 RPM ANN 530 POWER YOGA HANNAH	815 BODYCOMBAT KAREN/TRACY 920 BODYPUMP KAREN 1030 CARDIO HIP HOP SCARLETT 1030 CYCLE CHALLENGE CHARLIE
20	21	22	23	24	25	26
200 BODYPUMP CHARLIE 300 YOGA JANE 530 POWER YOGA HANNAH	515 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 LOW IMPACT CARDIO KIM 1130 SILVER SNEAKERS DAVID 1200 SPRINT (30 min) AMANDA 430 BODYPUMP ASHLEY 535 POUND TRACY	515 RPM CAROLINA 815 BODYPUMP AMANDA 920 ZUMBA KAREN 920 RPM ANN 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP KAREN/YATES 100 SILVER SNEAKERS ANGIE 430 CARDIO HIP HOP SCARLETT 535 BODYPUMP CHARLIE 640 POWER YOGA HANNAH	515 BODYPUMP CAROLINA 815 BODYATTACK KAREN/ANGIE 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 YOGA GOLD BRENDA 1200 SPRINT (30 min) JORDAN NO AFTERNOON CLASSES	<i>HAPPY THANKSGIVING!</i>	515 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY/KAREN 920 BODYPUMP ASHLEY/ANGIE 920 YOGA (UPSTAIRS) BRENDA 1030 SILVER SNEAKERS STABILITY BRENDA 1130 SILVER SNEAKERS DAVID 1200 TURKEY BURN CYCLE JORDAN 530 POWER YOGA HANNAH	815 BODYCOMBAT KAREN 920 BODYPUMP CHARLIE 1030 CARDIO HIP HOP SCARLETT 1030 SPRINT JORDAN
27	28	29	30	Monday Madness - BodyPump 4:30		
200 BODYPUMP HOLLIS 300 YOGA JANE 530 POWER YOGA HANNAH	515 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 LOW IMPACT CARDIO KIM 1130 SILVER SNEAKERS DAVID 1200 SPRINT (30 min) AMANDA 430 BODYPUMP MONDAY MADNESS 535 POUND TRACY	515 RPM CAROLINA 815 BODYPUMP AMANDA 920 MAX TONING ZUMBA TRACY 920 RPM ANN 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP KAREN/YATES 100 SILVER SNEAKERS TRACY 430 CARDIO HIP HOP SCARLETT 535 BODYPUMP CHARLIE 640 POWER YOGA HANNAH	515 BODYPUMP CAROLINA 815 BODYATTACK KAREN/ANGIE 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 YOGA GOLD BRENDA 1200 SPRINT (30 min) JORDAN 430 BODYPUMP CHARLIE/HOLLIS 535 CLUB ZUMBA TRACY			