

NOVEMBER 2020 Schedule



Fitness Studio		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			CYCLE 06:15- 07:05 am Bryanne		CYCLE starts Nov 12 06:15- 07:05 am Carrie			
Total Body Conditioning 12:05 pm - 12:55 pm Al	HIIT 12:05- 12:55pm Jason		Complete Core 12:05-12:55 pm Bryanne	Fusion 12:10-1:00 pm Al	HIIT 12:05- 12:55pm Jason	Fusion 10:00am - 11:00 Al		



Mind Body Studio		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Slow Burn 12:10 pm - 1:00 pm Christine	Power Flow Yoga 12:10-1:00 PM Sarah		Ashtanga Yoga 12:10-1:00 pm Christine	HIIT&Core starts Nov 12 12:10-1:00 pm Sarah				