



Fitness Class Schedule



NOVEMBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00-10:00am Holly- Interval 6:00-7:00pm Yoga- Jon Ahern	2 9:00-10:00am Melissa- Kickboxing	3 9:00-10:00am Alyce- Chisel	4 9:00-10:00am Yoga- Callie	5 8:00-9:00am Boot Camp- Holly
7 9:00-10:00am Yoga- Sharon	8 9:00-10:00am Kendra- Cardio Blast 6:00-7:00pm Yoga- Jon Ahern	9 9:00-10:00am Melissa- Kickboxing	10 9:00-10:00am Alyce- Chisel	11 9:00-10:00am Yoga- Callie	12 8:00-9:00am Boot Camp- Melissa
14 9:00-10:00am Yoga- Sharon	15 9:00-10:00am Kendra- Interval 6:00-7:00pm Yoga- Jon Ahern	16 9:00-10:00am Kendra- Cardio Blast	17 9:00-10:00am Alyce- Chisel	18 9:00-10:00am Yoga- Callie	19 8:00-9:00am Boot Camp- Erica
21 9:00-10:00am Yoga- Sharon	22 9:00-10:00am Erica- Cardio Dance 6:00-7:00pm Yoga- Jon Ahern	23 NO CLASS HOLIDAY>>>>	24 NO CLASS HAPPY THANKS- GIVING	25 NO CLASS HOLIDAY	26 8:00-9:00am Boot Camp- Andre
28 9:00-10:00am Yoga- Sharon	29 9:00-10:00am Holly- Core and More 6:00-7:00pm Yoga- Jon Ahern	30 9:00-10:00am Melissa- Kickboxing			