



Weekly Fitness Class Calendar

November 24 - November 30, 2024

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45 am	8:35 am	HIIT IT HARD		CHISEL				
8:00 am	8:50 am		<u>LABLAST</u>					
9:00 am	9:50 am						ZUMBA	
9:15 am	10:05 am		BOOMER FITNESS					
9:15 AM	10:30 AM	HATHA YOGA		HATHA YOGA				
1:00 pm	2:30 pm							
6:00 pm	6:50 pm	PILATES		REB3L GROOVE				