



November 2021

Group Exercise/SPIN Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
31 9:15AM EXPRESS SPIN (30 Minute) Tara	1 5:00AM Interval SPIN Chrissy 5:30PM Cardio Sculpt Alyssa	2 5:00AM Interval SPIN 9:15AM ZUMBA Yazmin 10:30AM YOGA Jim 4:30PM Tabata Time Colleen 5:30PM Kardio Karate	3 5:00AM Interval SPIN 9:15AM Circuit Training 5:30AM ZUMBA Yazmin 6:15PM Interval SPIN Chad	4 5:00AM Interval SPIN 9:15AM EXPRESS SPIN (30 Minute) Tara 5:30PM HIIT Chrissy 6:45PM YOGA Katherine	5 5:00AM Power Hour SPIN 9:15AM Total Body Workout Chrissy 5:30 PM ZUMBA ® No Class	6 9:00AM Kardio Karate Chrissy	
7 9:15AM EXPRESS SPIN (30 Minute) Tara	8 5:00AM Interval SPIN Chrissy 5:30PM Cardio Sculpt Alyssa	9 5:00AM Interval SPIN 9:15AM ZUMBA Yazmin 10:30AM YOGA Jim 4:30PM Tabata Time Colleen 5:30PM Kardio Karate	10 5:00AM Pump and Pedal Chrissy & Alyssa 9:15AM Circuit Training 5:30AM ZUMBA Yazmin 6:15PM Interval SPIN Chad	11 5:00AM Interval SPIN 4:30PM EXPRESS SPIN (30 Minute) Tara 5:30PM HIIT Chrissy 6:45PM YOGA Katherine	12 5:00AM Power Hour SPIN 9:15AM Total Body Workout Colleen 5:30 PM ZUMBA ® Yazmin	13 9:00AM Cardio Sculpt Alyssa	
14 9:15AM EXPRESS SPIN (30 Minute) Tara	15 5:00AM Interval SPIN Chrissy 5:30PM Cardio Sculpt Alyssa	16 5:00AM Interval SPIN 9:15AM ZUMBA Yazmin 10:30AM YOGA Jim 4:30PM Tabata Time No Class 5:30PM Kardio Karate Chrissy	17 5:00AM Pump and Pedal Chrissy & Alyssa 9:15AM Circuit Training 5:30PM ZUMBA Yazmin 6:15PM Interval SPIN Chad	18 5:00AM Interval SPIN 4:30PM EXPRESS SPIN (30 Minute) Tara 5:30PM HIIT 6:45PM YOGA Katherine	19 5:00AM Power Hour SPIN 9:15AM Total Body Workout Colleen 5:00 PM Happy Hour SPIN Tara 5:30 PM ZUMBA ®	20 9:00AM Interval SPIN Tara Powell	
21 No Class	22 5:00AM Interval SPIN Chrissy 5:30PM Cardio Sculpt Alyssa	23 5:00AM Interval SPIN 9:15AM ZUMBA Yazmin 10:30AM YOGA Jim 4:30PM Tabata Time Colleen 5:30PM Kardio Karate	24 5:00AM Interval SPIN Chrissy/Chad 9:15AM Circuit Training Chrissy 5:30PM ZUMBA Yazmin	25 8:00AM Burn the Bird Thanksgiving Workout Details to follow	26 5:00AM Power Hour SPIN 9:15AM Express SPIN with Tara 5:30 PM ZUMBA ® Yazmin	27 9:00AM Super Step Chrissy	
28 No Class	29 5:00AM Interval SPIN Chrissy 5:30PM Cardio Sculpt Alyssa	30 5:00AM Interval SPIN 9:15AM ZUMBA Yazmin 10:30AM YOGA Jim 4:30PM Tabata Time Colleen 5:30PM Kardio Karate					