



Group Fitness/SPIN Schedule November 2024



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|--|---|--|---|--|---|--|
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| | | <p>New to Classes? No problem! Our experienced instructors will guide you in the right direction! Feel free to reach out to Chrissyboza@yahoo.com Please with questions!</p> | | | | <p>5:00AM Power Hour SPIN Chrissy 9:15AM Total Body Workout Colleen 5:30PM ZUMBA Yazmin</p> | <p>9:00AM Instructor's Choice Alyssa</p> |
| | | | | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | |
| <p>7:30AM Pump (Gym Equipment) 8:00AM Interval SPIN Chrissy</p> | <p>5:00AM Interval SPIN Chrissy 5:30PM Cardio Sculpt Alyssa 6:30PM ZUMBA Amy</p> | <p>5:00AM Interval SPIN Chrissy 9:15AM Zumba Yazmin 4:30PM No Class 5:30PM Kardio Karate Chrissy 7:00PM YOGA Katherine</p> | <p>5:00AM Pump and Pedal Chrissy 4:30PM Tabata Time Colleen 5:30PM Cardio Sculpt Tara Powell</p> | <p>5:00AM Interval SPIN Chrissy 9:15AM Stretch and Balance Chrissy 4:30PM Express SPIN Tara Puitz 5:30PM HIIT Chrissy 7:00PM YOGA Mandy</p> | <p>5:00AM Power Hour SPIN Chrissy 9:15AM Total Body Workout Colleen 5:30PM ZUMBA Amy</p> | <p>9:00AM Instructor's Choice Chrissy</p> | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | |
| <p>7:30AM Pump (Gym Equipment) 8:00AM Interval SPIN Chrissy</p> | <p>5:00AM Interval SPIN Chrissy 5:30PM Cardio Sculpt Alyssa 6:30PM ZUMBA Amy</p> | <p>5:00AM Interval SPIN Chrissy 9:15AM Zumba Yazmin 4:30PM Tabata Time Colleen 5:30PM Kardio Karate Chrissy 7:00PM YOGA Katherine</p> | <p>5:00AM Interval SPIN Chrissy 5:30PM Cardio Sculpt Tara Powell 6:30PM ZUMBA Yazmin</p> | <p>5:00AM Interval SPIN Chrissy 9:15AM Stretch and Balance Chrissy 4:30PM Express SPIN Tara Puitz 5:30PM HIIT Chrissy 7:00PM YOGA Mandy</p> | <p>5:00AM Power Hour SPIN Chrissy 9:15AM Total Body Workout Colleen</p> | <p>9:00AM Power Pilates Colleen</p> | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | |
| <p>7:30AM Pump (Gym Equipment) 8:00AM Interval SPIN Chrissy</p> | <p>5:00AM Interval SPIN Chrissy 5:30PM Cardio Sculpt Alyssa 6:30PM ZUMBA Amy</p> | <p>5:00AM Interval SPIN Chrissy 9:15AM ZUMBA Yazmin 4:30PM No Class 5:30PM Kardio Karate Chrissy 7:00PM YOGA Katherine</p> | <p>5:00AM Pump and Pedal Chrissy 5:30PM Cardio Sculpt Tara Powell 6:30PM ZUMBA Yazmin</p> | <p>5:00AM Interval SPIN Chrissy 9:15AM Stretch and Balance Chrissy 4:30PM Express SPIN Tara Puitz 5:30PM HIIT Chrissy 7:00PM YOGA Mandy</p> | <p>5:00AM Power Hour Chrissy 9:15AM Total Body Workout Colleen 5:30PM ZUMBA Yazmin</p> | <p>9:00AM Interval SPIN Tara Puitz</p> | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | |
| <p>7:30AM Pump (Gym Equipment) 8:00AM Interval SPIN Chrissy</p> | <p>5:00AM Interval SPIN Chrissy 5:30PM Cardio Sculpt Alyssa 6:30PM ZUMBA Amy</p> | <p>5:00AM Interval SPIN Chrissy 9:15AM Zumba Yazmin 4:30PM Tabata Time Colleen 5:30PM Kardio Karate Chrissy 7:00PM YOGA Katherine</p> | <p>5:00AM Interval SPIN Chrissy 5:30PM Cardio Sculpt Tara Powell 6:30PM ZUMBA Yazmin</p> | <p style="text-align: center;">Happy Thanksgiving 8:00AM-9:30AM Burn the Bird Chrissy</p> | <p>5:00AM Power Hour Chrissy 9:15AM Total Body Workout Colleen 5:30PM ZUMBA Yazmin</p> | <p>Kardio Karate Chrissy 10:05AM Stretch and Balance Chrissy</p> | |
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| notes | | | | | | | |