

November 2017



Mon	Tue	Wed	Thu	Fri	Sat
		1 CYCLING-Angie 6:00am YOGA-Tonja 4:30 LINE DANCING-Jaime 6pm-8 SPINNING-Laurette 5:00pm	2 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm	3 CYCLING- Angie 6:00am	4 HARD CORE Dawn 10:00am
6 SPINNING- Laurette 5:00pm POP PILATES-Shaina 5:30pm	7 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm	8 CYCLING-Angie 6:00am YOGA-Tonja 4:30 LINE DANCING-Jaime 6pm-8 SPINNING-Laurette 5:00pm	9 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm	10 CYCLING- Angie 6:00am	11 HARD CORE Dawn 10:00am
13 SPINNING- Laurette 5:00pm POP PILATES-Shaina 5:30pm	14 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm	15 CYCLING-Angie 6:00am YOGA-Tonja 4:30 LINE DANCING-Jaime 6pm-8 SPINNING-Laurette 5:00pm	16 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm	17 CYCLING- Angie 6:00am	18 HARD CORE Dawn 10:00am
20 SPINNING- Laurette 5:00pm POP PILATES-Shaina 5:30pm	21 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm	22 CYCLING-Angie 6:00am YOGA-Tonja 4:30 LINE DANCING-Jaime 6pm-8 SPINNING-Laurette 5:00pm	23 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm	24 CYCLING- Angie 6:00am	25 HARD CORE Dawn 10:00am
27 SPINNING- Laurette 5:00pm POP PILATES-Shaina 5:30pm	28 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm				

