

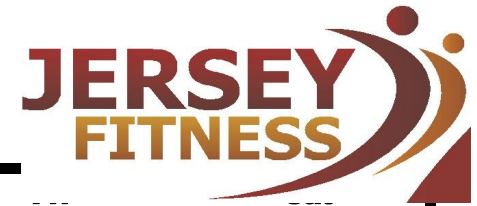


November 2017

Group Exercise Schedule

PILOXING

ZUMBA
FITNESS



Mon

Tue

Wed

Thu

Buti yoga is a dynamic asana practice fused with primal movement, tribal dance and deep core engagement.			1 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Briana	2 9:15AM ZUMBA Betsy 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt Tara 6:45PM Yoga	3 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Betsy	4 9:00AM Cardio Sculpt Tara Puitz 10:15AM Yoga
5 10:00AM Buti Yoga Amanda	6 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Alaina 6:30PM Kardio Karate Chrissy	7 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	8 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Chrissy	9 9:15AM ZUMBA Betsy 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt Tara 6:45PM Yoga	10 9:15AM Circuit Training Maura 10:00AM Mat Pilates Maura 5:30 PM ZUMBA Chrissy	11 9:00AM HIIT Chrissy 10:15AM Yoga
12 10:00AM Buti Yoga No Class	13 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Chrissy	14 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	15 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Alaina	16 9:15AM ZUMBA Betsy 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt Tara 6:45PM Yoga	17 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Betsy	18 9:00AM Cardio Sculpt Maura 10:15AM Yoga
19 10:00AM Buti Yoga Amanda	20 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Chrissy	21 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	22 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM Zumba Party! Various Instructors!	23 7:00AM Thanksgiving Burn!!! (SPIN) 60 Minutes Chrissy	24 9:15AM Black Friday Triple Threat SPIN/Circuit/Pilates Tara's / Colleen	25 9:00AM Piloxing Tara Powell 10:15AM Yoga
26 10:00AM Buti Yoga Amanda	37 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Chrissy	28 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	29 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Briana	30 9:15AM ZUMBA Betsy 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt Tara 6:45PM Yoga	Questions/Comments/Concerns: Chrissyboza@yahoo.com	

Schedule and Instructors subject to change