

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
				01 6:00PM - 8:00PM SCHEDULE PICKLEBALL 6:30PM HIIT	02 8:00AM Sunrise Stretch 9:00AM Women & Weights 10:00AM HIIT 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:00AM Yin Yoga	03 7:00AM Sunrise Stretch 8:00AM Women's & Weights 9:00AM HIIT 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:00AM Yin Yoga
04 1:00PM - 4:00PM SCHEDULED PICKLEBALL	05 8:00AM Sunrise Stretch 9:00AM TRX 9:00AM Zumba Fitness 10:00AM - 1:00PM SCHEDULED PICKLEBALL 10:15AM Pilates 11:30AM Strong Stability	06 7:00AM TRX TEAM Day - 1 8:00AM Sunrise Stretch 9:00AM Water Aerobics 9:00AM Intro to Line Dancing 10:15AM Intro to TRX 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:30AM Resistance Circuit Training 6:30PM HIIT	07 8:00AM Sunrise Stretch 9:00AM TRX 9:00AM Zumba Tone 10:15AM Pilates 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:30AM Strong Stability	08 7:00AM TRX TEAM Day - 2 8:00AM Sunrise Stretch 9:00AM Water Aerobics 10:15AM Intro to TRX 11:30AM Resistance Circuit Training 6:00PM - 8:00PM SCHEDULED PICKLEBALL 6:30PM HIIT	09 8:00AM Sunrise Stretch 9:00AM Women & Weights 10:00AM HIIT 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:00AM Yin Yoga	10 7:00AM Sunrise Stretch 8:00AM Women's & Weights 9:00AM HIIT 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:00AM Yin Yoga
11 8:00AM Sunrise Stretch 9:00AM TRX 10:15AM Pilates 1:00PM - 4:00PM SCHEDULED PICKLEBALL	12 8:00AM Sunrise Stretch 9:00AM TRX 9:00AM Zumba Fitness 10:00AM - 1:00PM SCHEDULED PICKLEBALL 10:15AM Pilates 11:30AM Strong Stability	13 7:00AM TRX TEAM Day - 3 8:00AM Sunrise Stretch 9:00AM Water Aerobics 9:00AM Intro to Line Dancing 10:15AM Intro to TRX 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:30AM Resistance Circuit Training 6:30PM HIIT	14 8:00AM Sunrise Stretch 9:00AM TRX 9:00AM Zumba Tone 10:15AM Pilates 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:30AM Strong Stability	15 7:00AM TRX TEAM Day - 4 8:00AM Sunrise Stretch 9:00AM Water Aerobics 10:15AM Intro to TRX 11:30AM Resistance Circuit Training 6:00PM - 8:00PM SCHEDULED PICKLEBALL 6:30PM HIIT	16 8:00AM Sunrise Stretch 9:00AM Women & Weights 10:00AM HIIT 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:00AM Yin Yoga	17 7:00AM Sunrise Stretch 8:00AM Women's & Weights 9:00AM HIIT 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:00AM Yin Yoga
18 8:00AM Sunrise Stretch 9:00AM TRX 10:15AM Pilates 1:00PM - 4:00PM SCHEDULED PICKLEBALL	19 8:00AM Sunrise Stretch 9:00AM TRX 10:15AM Pilates 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:30AM Strong Stability	20 7:00AM TRX TEAM Day - 6 8:00AM Sunrise Stretch 9:00AM Water Aerobics 10:15AM Intro to TRX 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:30AM Resistance Circuit Training 6:30PM HIIT	21 8:00AM Sunrise Stretch 9:00AM TRX 10:15AM Pilates 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:30AM Strong Stability	22 Happy Thanksgiving!	23 8:00AM Sunrise Stretch 9:00AM Women & Weights 10:00AM HIIT 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:00AM Yin Yoga	24 7:00AM Sunrise Stretch 8:00AM Women's & Weights 9:00AM HIIT 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:00AM Yin Yoga
25 8:00AM Sunrise Stretch 9:00AM TRX 10:15AM Pilates 1:00PM - 4:00PM SCHEDULED PICKLEBALL	26 8:00AM Sunrise Stretch 9:00AM TRX 9:00AM Zumba Fitness 10:00AM - 1:00PM SCHEDULED PICKLEBALL 10:15AM Pilates 11:30AM Strong Stability	27 7:00AM TRX TEAM Day - 5 8:00AM Sunrise Stretch 9:00AM Water Aerobics 9:00AM Intro to Line Dancing 10:15AM Intro to TRX 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:30AM Resistance Circuit Training 6:30PM HIIT	28 8:00AM Sunrise Stretch 9:00AM TRX 9:00AM Zumba Tone 10:15AM Pilates 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:30AM Strong Stability	29 7:00AM TRX TEAM Day - 7 8:00AM Sunrise Stretch 9:00AM Water Aerobics 10:15AM Intro to TRX 11:30AM Resistance Circuit Training 6:00PM - 8:00PM SCHEDULED PICKLEBALL 6:30PM HIIT	30 8:00AM Sunrise Stretch 9:00AM Women & Weights 10:00AM HIIT 10:00AM - 1:00PM SCHEDULED PICKLEBALL 11:00AM Yin Yoga	



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