



NOVEMBER

MONDAY

5 AM BOOTCAMP
8:30 AM INTERVAL TRAINING
4:30 PM DANCE + TONE
5:30 PM TONE IT WITH TYRA

TUESDAY

8:30 AM SPIN
4:30 PM SPIN
5:30 PM YOGA

WEDNESDAY

5 AM BOOTCAMP
8:30 AM DANCE + TONE
4:30 PM BUTTS+GUTS CIRCUIT
5:30 PM SPIN

THURSDAY

8:30 AM LIFT IT
5:00 PM DANCE

FRIDAY

5 AM BOOTCAMP
8:30 AM SPIN OR KOMBO
9:30 AM PILATES BARRE YOGA

SATURDAY

4TH STEP INTERVAL W/ MANDY
11TH SPIN W/ KALLIE
18TH BARRE + YOGA W/ ANITA
25TH INTERVAL COMBO OR SPIN- ANGIE

SPECIAL EVENTS

MEMBERS BREAKFAST WED NOV 8TH
CAN DRIVE PICK UP WED NOV 15TH

DAYCARE

MON - SAT 8:15 - 10AM
MON - THU 4:15 - 6:45PM

