

NOVEMBER 2023 GROUP EX



WK OF	NOVEMBER 2023 GROUP EX				
	MON	TUES	WED	THUR	FRI
10/29	5:15 - 6:00 Full Body Mix (T) 6:15 - 7:00 Pilot Lighter (J) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Cardio & Free Weights (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Strength Focus (T) 6:15 - 7:00 HIIT Circuit (J) 9:00 - 10:00 FFL (J) <i>today self-guided</i>	5:15 - 6:00 Mash-Up (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Finish Well Friday (T) 6:15 - 7:00 Friday Fun Day (J) 9:00 - 10:00 FFL (J)
	PM	4:45-5:45 Muscle Up (J)		4:45-5:45 HIIT Circuit (J)	
11/5	5:15 - 6:00 Full Body Mix (T) 6:15 - 7:00 Pilot Lighter (J) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Cardio & Free Weights (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Strength Focus (T) 6:15 - 7:00 HIIT Circuit (J) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Mash-Up (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Finish Well Friday (T) 6:15 - 7:00 Friday Fun Day (J) 9:00 - 10:00 FFL (J)
	PM	4:45-5:45 Muscle Up (J)		4:45-5:45 HIIT Circuit (J)	
11/12	5:15 - 6:00 Full Body Mix (T) <i>Kylie Sub</i> 6:15 - 7:00 Pilot Lighter (J) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Cardio & Free Weights (T) <i>Kylie Sub</i> 9:00 - 10:00 FFL (J)	5:15 - 6:00 Strength Focus (T) <i>Kylie Sub</i> 6:15 - 7:00 HIIT Circuit (J) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Mash-Up (T) <i>Kylie Sub</i> 9:00 - 10:00 FFL (J)	5:15 - 6:00 Finish Well Friday (T) <i>Kylie Sub</i> 6:15 - 7:00 Friday Fun Day (J) 9:00 - 10:00 FFL (J)
	PM	4:45-5:45 Muscle Up (J)		4:45-5:45 HIIT Circuit (J)	
11/19	5:15 - 6:00 Full Body Mix (T) 6:15 - 7:00 Pilot Lighter (J) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Cardio & Free Weights (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Strength Focus (T) 6:15 - 7:00 HIIT Circuit (J) 9:00 - 10:00 FFL (J)	NO CLASSES	
	PM	4:45-5:45 Muscle Up (J)			
11/26	5:15 - 6:00 Full Body Mix (T) 6:15 - 7:00 Pilot Lighter (J) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Cardio & Free Weights (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Strength Focus (T) 6:15 - 7:00 HIIT Circuit (J) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Mash-Up (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Finish Well Friday (T) 6:15 - 7:00 Friday Fun Day (J) 9:00 - 10:00 FFL (J)
	PM	4:45-5:45 Muscle Up (J)		4:45-5:45 HIIT Circuit (J)	
	J: Jolyne / T: Tami		SUBJECT TO CHANGE		