

NOVEMBER 2024 GROUP EX



**** schedule/class formats subject to change based on demand**

	Mon 11/04	Tue 11/05	Wed 11/06	Thu 11/07	Fri 11/08
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM FFL (J) Machines	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Cardio & Core (T) 9:00AM - 10:00AM FFL (J)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Kickboxing (T) 9:00AM - 10:00AM FFL (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:00PM - 5:30PM Total Body HIIT (J)	12:00PM - 1:00PM Midweek Machines 6:00PM - 6:45PM Strength Mix (J)	6:00PM - 6:30PM Kickboxing (J)	
	Mon 11/11	Tue 11/12	Wed 11/13	Thu 11/14	Fri 11/15
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM FFL (J) Machines	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Cardio & Core (T) 9:00AM - 10:00AM FFL (J)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Kickboxing (T) 9:00AM - 10:00AM FFL (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:00PM - 5:30PM Total Body HIIT (J)	12:00PM - 1:00PM Midweek Machines 6:00PM - 6:45PM Strength Mix (J)	6:00PM - 6:30PM Kickboxing (J)	
	Mon 11/18	Tue 11/19	Wed 11/20	Thu 11/21	Fri 11/22
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM FFL (J) Machines	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Cardio & Core (T) 9:00AM - 10:00AM FFL (J)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Kickboxing (T) 9:00AM - 10:00AM FFL (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:00PM - 5:30PM Total Body HIIT (J)	12:00PM - 1:00PM Midweek Machines 6:00PM - 6:45PM Strength Mix (J)	6:00PM - 6:30PM Kickboxing (J)	
	Mon 11/25	Tue 11/26	Wed 11/27	Thu 11/28	Fri 11/29
AM	5:15 - 6:00 Full Body Mix (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Upper Body Focus (T)	9:00 - 10:00 FFL (J) 11:00 - 12:00 *PreTurkey Burner (J)		NO CLASSES
PM	5:00 - 5:45 Strength Mix (J)	5:00 - 5:30 Total Body HIIT (J)	<i>*time may change based on preplanned attendees</i>		

(J) Jolynne (T) Tami

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