

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	29	30	31	1	2
					8:30am - Func. Flex 9:30am - Step 10:30am - Foam Roll	9:30am - Suspension 10:30am - Metabolic
3	4	5	6	7	8	9
8:30am - Power Pump 9:30am - CFB 5:30pm - Step 6:30pm - Suspension	8:30am - Pilates 9:30am - 20-20-20 5:30pm - Kick & Kettle 6:30pm - Yoga	8:45am - Susp. Xpress 9:30am - CFB 5:30pm - Barre None 6:15pm - Insanity	8:30am - Step 9:30am - Foam Roll 5:30pm - Zumba 6:30pm - Turbo Kick	8:30am - Body Sculpt 9:30am - Insanity	8:30am - Pilates 9:30am - Step 10:30am - Kettlebell X	9:30am - Suspension 10:30am - Metabolic
10	11	12	13	14	15	16
8:30am - On The Ball 9:30am - CFB 5:30pm - Step 6:30pm - Suspension	8:30am - Pilates 9:30am - 20-20-20 5:30pm - Kick & Kettle 6:30pm - Yoga	8:45am - Susp. Xpress 9:30am - CFB 5:30pm - Barre None 6:15pm - Insanity	8:30am - Step 9:30am - Foam Roll 5:30pm - Zumba 6:30pm - Turbo Kick	8:30am - Body Sculpt 9:30am - Insanity	8:30am - Func. Flex 9:30am - Step 10:30am - Foam Roll	9:30am - Suspension 10:30am - Metabolic
17	18	19	20	21	22	23
8:30am - Power Pump 9:30am - CFB 5:30pm - Step 6:30pm - Suspension	8:30am - Pilates 9:30am - 20-20-20 5:30pm - Kick & Kettle 6:30pm - Yoga	8:45am - Susp. Xpress 9:30am - CFB 5:30pm - Barre None 6:15pm - Insanity	8:30am - Step 9:30am - Foam Roll 5:30pm - Zumba 6:30pm - Turbo Kick	8:30am - Body Sculpt 9:30am - Insanity	8:30am - Pilates 9:30am - Step 10:30am - Kettlebell X	9:30am - Suspension 10:30am - Metabolic
24	25	26	27	28	29	30
8:30am - On The Ball 9:30am - CFB 5:30pm - Step 6:30pm - Suspension	8:30am - Pilates 9:30am - 20-20-20 5:30pm - Kick & Kettle 6:30pm - Yoga	8:45am - Susp. Xpress 9:30am - CFB	Thanksgiving	9am - Sweat Fest	9:30am - Kick & Kettle	9:30am - Suspension 10:30am - Metabolic