

NOVEMBER GROUP FITNESS

Fairchild Fitness Ctr- 92 FSS



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)	POWER PUMP 1100-1145 (Amy) WT FLOOR TRAINING 1200-1245 (Amy) STRENGTH + HIIT 1830-1930 (Crystal)	WT FLOOR TRAINING 1000-1045 (Amy) FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)	NO CLASS	NO CLASS
4	5	6	7	8	9
NO CLASS	FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)	WT FLOOR TRAINING 1000-1045 (Amy) POWER PUMP 1100-1145 (Amy) ZUMBA TONING 1815 -1915 (Crystal)	WT FLOOR TRAINING 1000-1045 (Amy) FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)	NO CLASS FAMILY DAY	WT FLOOR TRAINING 1000-1045 (Amy) WT FLOOR TRAINING 1045-1130 (Amy)
11	12	13	14	15	16
NO CLASS HOLIDAY	FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)	POWER PUMP 1100-1145 (Amy) WT FLOOR TRAINING 1200-1245 (Amy) STRENGTH + HIIT 1815-1900 (Crystal)	FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)	ZUMBA 1100-1200 (Amy)	ZUMBA TONING 0900-1000 (Crystal) STRENGTH + HIIT 1015-1100 (Crystal)
18	19	20	21	22	23
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)	POWER PUMP 1100-1145 (Amy) WT FLOOR TRAINING 1200-1245 (Amy) ZUMBA TONING 1815-1900 (Crystal)	FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)	ZUMBA 1100-1200 (Amy)	NO CLASS
25	26	27	28	29	30
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	NO CLASS	POWER PUMP 1100-1145 (Amy)	NO CLASS HOLIDAY	NO CLASS FAMILY DAY	WT FLOOR TRAINING 1000-1045 (Amy) WT FLOOR TRAINING 1045-1130 (Amy)