November Live Schedule

*Classes are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Ab Lab 8:00-8:30am Noel	
Ab Lab 8:30-8:45am Jocelyn	**Kickboxing** 8:30-9:00am Katy	**HIIT** 8:30-9:00am Jocelyn	**Pilates** 8:30-9:15am Leslie	**HIIT** 8:30-9:00am Katy	**Body Con** 9:00-9:45am Mary	**Body Con** 8:30-9:15am Mary
Latin Dance 9:30-10:15am Noel	**Body Con** 9:30-10:15am Noel	**Latin Dance** 9:30-10:15am Noel	**HIIT** 9:30-10:15am Noel	**Latin Dance** 9:30-10:15am Noel	**Latin Dance** 10:00-10:45am Noel	**Barre** 9:30-10:15am Vanessa
Senior Fitness 11-11:45am Mary	**Gentle Yoga** 11-11:45am Vanessa	**Senior Fitness** 11-11:45am Mary	**Senior Strength** 11-11:30am Mary	**Senior Fitness** 11-11:45am Mary	**Pilates** 11-11:45am Leslie	**Yoga** 11:30-12:15pm Dale
Body Con 12-12:45pm Katy	**HIIT** 12-12:30pm Katy	**Pilates** 12-12:30pm Dale	**HIIT** 12-12:30pm Jocelyn	**Barre** 12-12:30pm Vanessa		
				Ab Lab 1-1:15pm Jocelyn		
	Chair Fitness 3-3:45pm Dale		**Chair Fitness** 3-3:45pm Dale	**Pilates** 3-3:45pm Leslie		
Power Yoga 4:30-5:15pm Vanessa	**Pilates** 4:00- 4:45pm Leslie	**Vinyasa Yoga** 4:30 -5:15pm Leslie	**Gentle Yoga** 4:00-4:45pm Vanessa	**Alignment Yoga** 4-4:45pm Leslie		
HIIT 5:30-6:00pm Jocelyn	**Latin Dance** 5-5:45pm Noel	**Kickboxing** 5:30-6:00pm Katy	**Body Con** 5-5:45pm Katy			