NOVEMBER GROUP EXERCISE

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 9:30am Zumba -SUB Vickie 10:30am Power Pump -Jamie 5:30pm 20/20/20 -Robin	3 9:30am HIIT/Bootcamp -Kelly 5:30pm Muscle Madness -Barb	4 9:30am Cardio Dance -SUB Kelly 5:30pm Step & Sculpt -Melody	5 9:30am Power Pump -Jamie 10:30am Cardio Dance -Kelly 5:30pm 20/20/20 -Barb	6 9:30am Cardio Dance -SUB Kelly	7 9:30am FITFORCE -Scott
8 	9 9:30am Zumba -Penny 10:30am Power Pump -Jamie 5:30pm 20/20/20 -Robin	10 9:30am HIIT/Bootcamp -Kelly 5:30pm Muscle Madness -Barb	11 9:30am Zumba -Penny 5:30pm Step & Sculpt -Melody	12 9:30am Power Pump -Jamie 10:30am Cardio Dance -Kelly 5:30pm 20/20/20 -Barb	13 9:30am WERQ -Hanah	14 9:30am FITFORCE -Scott
15	16 9:30am Zumba -Penny 10:30am Power Pump -Jamie 5:30pm 20/20/20 -Robin	17 9:30am HIIT/Bootcamp -Kelly 5:30pm Muscle Madness -Barb	18 9:30am Zumba -Penny 5:30pm Step & Sculpt -Melody	19 9:30am Power Pump -Jamie 10:30am Cardio Dance -Kelly 5:30pm 20/20/20 -Barb	20 9:30am WERQ -Hanah	21 9:30am FITFORCE -Scott
22	23 9:30am Zumba -Penny 10:30am Power Pump -Jamie 5:30pm 20/20/20 -Robin	24 9:30am HIIT/Bootcamp -Kelly 5:30pm Muscle Madness -Barb	25 9:30am Zumba -Penny 5:30pm Step & Sculpt -Melody	26 	27 9:30am WERQ -Hanah	28 9:30am FITFORCE -Scott
29	30 9:30am Zumba -SUB Vickie 10:30am Power Pump -Jamie 5:30pm 20/20/20 -Robin					