




Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7:30am Zumba® – Marcie 9:00am Yoga - Kim 5:30pm Unbeliev-a-Ball – Tracy	2 8:30am Yoga—Kim 9:30am Zumba® Marcie	3 10:00am Cardio Kick-boxing—Amy
4 	5 8:30am Courtney's DVD Sub 4:15pm Body Defined Nancy 5:15pm Vinyasa Yoga Kim 6:30pm Step - Melani	6 7:30am Zumba® Marcie 9:00am Yoga - Tammy 6:30pm Muscle Pump Katrina	7 8:30am Courtney's DVD Sub 4:15pm Body Defined Nancy 6:30pm Vinyasa Yoga Elizabeth	8 7:30am Zumba® – Marcie 9:00am Yoga - Kim 5:30pm Unbeliev-a-Ball – Amy	9 8:30am Yoga—Kim 9:30am Zumba® April	10 9:00am Zumba® April 10:00am Muscle Pump Amy
11	12 8:30am Cardio / Strength Combo Courtney 4:15pm Body Defined Nancy 5:15pm Vinyasa Yoga Kim 6:30pm SPORT Katrina	13 7:30am Zumba® Marcie 9:00am Yoga - Tammy 6:30pm Muscle Mixer Melani	14 8:30am Cardio / Strength Combo Courtney 4:15pm Body Defined Nancy 6:30pm Vinyasa Yoga Michele	15 7:30am Zumba® – Marcie 9:00am Yoga - Kim 5:30pm Unbeliev-a-Ball – Tracy	16 8:30am Yoga—Kim 9:30am Zumba® April	17 10:00am Muscle Pump Tracy
18	19 8:30am Cardio / Strength Combo Courtney 4:15pm Body Defined Nancy 5:15pm Vinyasa Yoga Kim 6:30pm Cardio Kick-boxing—Amy	20 7:30am Zumba® Marcie 9:00am Yoga - Tammy 6:30pm Muscle Pump Melani	21 8:30am Cardio / Strength Combo Courtney No Evening Classes UNSTAFFED @ 6:00pm	22 UNSTAFFED 	23 UNSTAFFED Zumba Thanksgiving Thirty—Bonus Class Challenge w/ Marcie 8:00– (about) 10:00 Free Zumba T-shirt to the first 12 that do the entire class.	24 UNSTAFFED
25	26 8:30am Cardio / Strength Combo Courtney 4:15pm Body Defined Nancy 5:15pm Vinyasa Yoga Kim 6:30pm Power Step Katrina	27 7:30am Zumba® Marcie 9:00am Yoga - Tammy 6:30pm Muscle Mixer Amy	28 8:30am Cardio / Strength Combo Courtney 4:15pm Body Defined Nancy NO Vinyasa Yoga	29 7:30am Zumba® – Marcie 9:00am Yoga - Kim 5:30pm Unbeliev-a-Ball – Tracy	30 8:30am Yoga—Kim 9:30am Zumba® April	Staffed Hours: Mon.-Thurs. 8:00am-8:00pm Fri. 8:00am-5:00pm Sat. 8:00am-12:00pm