

XF AEROBICS NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 AM Bootcamp E 10:00 AM Yoqa Core 5:00 PM Extreme Yoga 6:00 PM Bootcamp T 7:00 PM Zumba	2 9:00 AM Pound 10:00 AM MIXXED FIT	3 9:00 AM Ab Class 9:30 AM Zumba Tone I 9:30 AM Beginner Spin J 10:30 AM Restorative Yoga
4 Daylight Saving	5 9:00 AM RIP 10:00 AM Yoqa Core 10:40 AM Yoqa Sc/Res 5:00 PM Barre Blend 5:45 PM Spin J 6:30 PM Ab Class 7:00 PM Bootcamp S	6 9:00 AM Zumba I 10:00 AM Bootcamp E 5:00 PM Zumba Tr 6:00 PM Leg Blaster 7:00 PM HOT! Yoga	7 9:00 AM Kick Boxing 10:00 AM Barre/Restorative 11:00 AM Beginner Spin J 5:00 PM Restorative Yoga 7:00 PM MIXXEDFIT	8 9:00 AM Bootcamp E 10:00 AM Yoqa Core 5:00 PM Extreme Yoga 6:00 PM Bootcamp T 7:00 PM Zumba	9 9:00 AM Pound 10:00 AM MIXXED FIT	10 9:00 AM Ab Class 9:30 AM Zumba Tone I 9:30 AM Beginner Spin J 10:30 AM Restorative Yoga
11 Veterans Day	12 9:00 AM RIP 10:00 AM Yoqa Core 10:40 AM Yoqa Sc/Res 5:00 PM Barre Blend 5:45 PM Spin J 6:30 PM Ab Class 7:00 PM Bootcamp S	13 9:00 AM Zumba I 10:00 AM Bootcamp E 5:00 PM Zumba Tr 6:00 PM Leg Blaster 7:00 PM HOT! Yoga	14 9:00 AM Kick Boxing 10:00 AM Barre/Restorative 11:00 AM Beginner Spin J 5:00 PM Restorative Yoga 7:00 PM MIXXEDFIT	15 9:00 AM Bootcamp E 10:00 AM Yoqa Core 5:00 PM Extreme Yoga 6:00 PM Bootcamp T 7:00 PM Zumba	16 9:00 AM Pound 10:00 AM MIXXED FIT	17 9:00 AM Ab Class 9:30 AM Zumba Tone I 9:30 AM Beginner Spin J 10:30 AM Restorative Yoga
18	19 9:00 AM RIP 10:00 AM Yoqa Core 10:40 AM Yoqa Sc/Res 5:00 PM Barre Blend 5:45 PM Spin J 6:30 PM Ab Class 7:00 PM Bootcamp S	20 9:00 AM Zumba I 10:00 AM Bootcamp E 5:00 PM Zumba Tr 6:00 PM Leg Blaster 7:00 PM HOT! Yoga	21 9:00 AM Kick Boxing 10:00 AM Barre/Restorative 11:00 AM Beginner Spin J 5:00 PM Restorative Yoga 7:00 PM MIXXEDFIT	22 Thanksgiving	23 9:00 AM Pound 10:00 AM MIXXED FIT	24 9:00 AM Ab Class 9:30 AM Zumba Tone I 9:30 AM Beginner Spin J 10:30 AM Restorative Yoga
25	26 9:00 AM RIP 10:00 AM Yoqa Core 10:40 AM Yoqa Sc/Res 5:00 PM Barre Blend 5:45 PM Spin J 6:30 PM Ab Class 7:00 PM Bootcamp S	27 9:00 AM Zumba I 10:00 AM Bootcamp E 5:00 PM Zumba Tr 6:00 PM Leg Blaster 7:00 PM HOT! Yoga	28 9:00 AM Kick Boxing 10:00 AM Barre/Restorative 11:00 AM Beginner Spin J 5:00 PM Restorative Yoga 7:00 PM MIXXEDFIT	29 9:00 AM Bootcamp E 10:00 AM Yoqa Core 5:00 PM Extreme Yoga 6:00 PM Bootcamp T 7:00 PM Zumba	30 9:00 AM Pound 10:00 AM MIXXED FIT	
					Notes: I - Izzy E - Erin PL - PL J - Jennifer T - Taryn S - Shanna Tr - Tracy	