



NOVEMBER 2023 HOLIDAY GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>5:15a-SPRINT</u> <u>5:45a-CLUB 360 CORE</u>	<u>5:15a-BODYPUMP 60</u>	<u>5:15a-CYCLE</u>		<u>8:15a-CYCLE</u>
<u>9:00a-BODYPUMP 45</u> <u>9:50a-BODYBALANCE 45</u>	<u>8:30a-CYCLE</u> <u>9:30a-BODYCOMBAT 45</u>	<u>9:00a-H.E.A.T./G.E.A.R.</u> <u>10:00a-YOGA</u> <u>12:15p-YOGA</u>	<u>8:30a LM SPRINT</u> <u>9:00a-LM CORE</u>	<u>9:00a-BODYPUMP 45</u> <u>9:50a-MAT PILATES</u>	<u>9:00a-BODYPUMP 60</u> <u>10:15a-ROTATION**</u>
<u>4:30p-BODYPUMP 45</u> <u>5:30p-LM SPRINT</u> <u>6:00p-LM CORE</u>	<u>5:30p-ZUMBA</u>	<u>4:30p-BODYPUMP 45</u> <u>5:30p-ROTATION**</u>	<u>5:30p-BODYPUMP 60</u>		<p style="text-align: center;">**Please check ClubLife for Wednesday and Saturday rotation class offerings.</p>

****For REAL TIME daily class offerings, please check the ClubLife app to make your reservation. Class offerings can change based upon instructor availability.****