

November 2019

Happy Thanksgiving

Mon	Tue	Wed	Thu	Fri	Sat
				1. CYCLING Angie 6:00am	2. HARD CORE Autum 10:00am
4. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm	5. SPIN-Nancy 3:45 pm HARD CORE-Autum 4:30pm YOGA- Hannah 5:30pm	6. CYCLING-Angie 6:00am Yoga-Tonja 4:00pm SPINNING-Laurette 5:00pm	7. SPIN-Nancy 3:45 pm HARD CORE-Autum 4:30pm YOGA- Hannah 5:30pm	8. CYCLING Angie 6:00am	9. HARD CORE Autum 10:00am
11. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm	12. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm YOGA- Hannah 5:30pm	13. CYCLING-Angie 6:00am Yoga-Tonja 4:00pm SPINNING-Laurette 5:00pm	14. SPIN-Nancy 3:45 pm HARD CORE-Autum 4:30pm YOGA- Hannah 5:30pm Pound-Kayci 7:00 pm	15. CYCLING Angie 6:00am	16. HARD CORE Autum 10:00am
18. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm	19. SPIN-Nancy 3:45 pm HARD CORE-Autum 4:30pm YOGA- Hannah 5:30pm	20. CYCLING-Angie 6:00am Yoga-Tonja 4:00pm SPINNING-Laurette 5:00pm	21. SPIN-Nancy 3:45 pm HARD CORE-Autum 4:30pm YOGA- Hannah 5:30pm Pound- Kayci 7:00 pm	22. CYCLING Angie 6:00am	23. HARD CORE Autum 10:00am
25. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm	26. SPIN-Nancy 3:45 pm HARD CORE-Autum 4:30pm YOGA- Hannah 5:30pm	27. CYCLING-Angie 6:00am SPINNING-Laurette 5:00pm	28. <i>HAPPY THANKSGIVING</i>	29. CYCLING Angie 6:00am	30. HARD CORE Autum 10:00am