

November 2018

Mon	Tue	Wed	Thu	Fri	Sat
	1. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm	2. CYCLING-Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm	3. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm	4. CYCLING Angie 6:00am	5. HARD CORE Dawn 10:00am
7. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm	8. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm	9. CYCLING-Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm	10. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm	11. CYCLING Angie 6:00am	12. HARD CORE Dawn 10:00am Upstairs Room
14. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm	15. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm	16. CYCLING-Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm	17. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm	18. CYCLING Angie 6:00am	19. HARD CORE Dawn 10:00am Upstairs Room
21. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm	22. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm	23. CYCLING-Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm	24. HAPPY <i>Thanksgiving</i> 	25. OPEN: 7-12pm Black Friday sale!!	26. HARD CORE Dawn 10:00am
28. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm	29. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm	30. CYCLING-Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm			