





# NOVEMBER 2017

## GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
		1 8:15am TOTAL BODY-Candice 9:15am PILATES - Ainsley  5:30pm TRX CIRCUITS-Vanessa	2 9:00am TRX CIRCUITS-Vanessa 10:00am YOGA - Katherine  11:00am CYCLE - Latham 4:30pm FITBALL - Anna-Maria 5:30pm YOGA - Ann	3 8:15am TOTAL BODY - Susan 9:15am PILATES - Ainsley	4 9:00am TRX CIRCUITS-Vanessa   5 5:00pm YOGA - Ann
6 8:15am TOTAL BODY - Susan 9:15am PILATES - Ainsley  5:30pm BODY SHAPING - Anna-Maria	7 9:00am BODY POWER-Rebecca 10:00am YOGA - Katherine 11:00am CYCLE - Latham  5:30pm YOGA - Ann	8 8:15am TOTAL BODY - Susan 9:15am PILATES - Ainsley  5:30pm TRX CIRCUITS-Vanessa	9 9:00am TRX CIRCUITS-Vanessa 10:00am YOGA - Katherine  11:00am CYCLE - Latham 4:30pm FITBALL - Anna-Maria 5:30pm YOGA - Ann	10 8:15am TOTAL BODY - Candice 9:15am PILATES - Ainsley	11 9:00am TOTAL BODY - Susan   12 5:00pm YOGA - Ann
13 8:15am TOTAL BODY - Susan 9:15am PILATES - Ainsley  5:30pm BODY SHAPING - Anna-Maria	14 9:00am BODY POWER-Rebecca 10:00am YOGA - Katherine 11:00am CYCLE - Latham  5:30pm YOGA - Ann	15 8:15am TOTAL BODY-Candice 9:15am PILATES - Ainsley  5:30pm TRX CIRCUITS-Vanessa	16 9:00am TRX CIRCUITS-Vanessa 10:00am YOGA - Katherine  11:00am CYCLE - Latham 4:30pm FITBALL - Anna-Maria 5:30pm YOGA - Ann	17 8:15am TOTAL BODY - Susan 9:15am PILATES - Ainsley	18 9:00am TRX CIRCUITS-Vanessa   19 5:00pm YOGA - Ann
20 9:15am PILATES - Ainsley  5:30pm BODY SHAPING - Anna-Maria	21 9:00am BODY POWER-Rebecca 10:00am YOGA - Katherine 11:00am CYCLE - Latham  5:30pm YOGA - Ann	22 9:15am PILATES - Ainsley  5:30pm TRX CIRCUITS-Vanessa	23 HAPPY THANKSGIVING! 	24 	25 9:00am TRX CIRCUITS-Vanessa   26 5:00pm YOGA - Ann
27 8:15am TOTAL BODY - Susan 9:15am PILATES - Ainsley  5:30pm BODY SHAPING - Anna-Maria	28 9:00am BODY POWER-Rebecca 10:00am YOGA - Katherine 11:00am CYCLE - Latham  5:30pm YOGA - Ann	29 8:15am TOTAL BODY - Susan 9:15am PILATES - Ainsley  5:30pm TRX CIRCUITS-Vanessa	30 9:00am TRX CIRCUITS-Vanessa 10:00am YOGA - Katherine  11:00am CYCLE - Latham 4:30pm FITBALL - Anna-Maria 5:30pm YOGA - Ann		