

NOVEMBER

VIRTUAL FITNESS CALENDAR



<https://www.twitch.tv/millkatyoga>
<https://www.twitch.tv/pilatesteach11>
<https://twitch.tv/cnhumphrey>
<https://www.twitch.tv/annfulmer>
<https://www.zumba.dance/class/livestream/5f242554-45f0-4f4c-ba98-20b70a010b3a> password: 381133

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	1 10:15am Yoga - Katherine 5:30pm Yoga - Ann	2 9:15am Pilates - Ainsley	3 10:15am Yoga - Katherine 5:30pm Yoga - Ann	4 9:15am Pilates - Ainsley	— 6 5:00pm Yoga - Ann
7 9:15am Pilates - Ainsley	8 10:15am Yoga - Katherine 5:30pm Yoga - Ann	9 9:15am Pilates - Ainsley	10 10:15am Yoga - Katherine 5:30pm Yoga - Ann	11 9:15am Pilates - Ainsley	— 13 5:00pm Yoga - Ann
14 9:15am Pilates - Ainsley	15 10:15am Yoga - Katherine 5:30pm Yoga - Ann	16 9:15am Pilates - Ainsley	17 10:15am Yoga - Katherine 5:30pm Yoga - Ann	18 9:15am Pilates - Ainsley	— 20 5:00pm Yoga - Ann
21 9:15am Pilates - Ainsley	22 10:15am Yoga - Katherine 5:30pm Yoga - Ann	23 9:15am Pilates - Ainsley		25 9:15am Pilates - Ainsley	— 27 5:00pm Yoga - Ann
28 9:15am Pilates - Ainsley	29 10:15am Yoga - Katherine 5:30pm Yoga - Ann	30 9:15am Pilates - Ainsley			—