

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
	5am - PowerExpress Tanya 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 9:30am - Yoga Melissa (DS) 4:30pm - Burn Stacey 5:45pm - C.Dance/Toning Kristen 6:45pm - Cycling Ginnine	5:15am - Core Stacey 5:30am - Power HR Stacey 6:30am - Yoga Laurie 9:45am - Power Yoga Brittany 12:15pm - Meditation (30) Laurie 5:30pm - Bootcamp Tiffany 7pm - Core and More Amy (DS)	5am - PowerExpress Tanya 5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - Zumba Gold Carina 12pm - Yoga Melissa (DS) 4:30pm - Burn Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Ginnine	5:15am - Core Stacey 5:30am - Power Express Stacey 9:30am - Tanya NEW 9:45am - Yin Yoga Brittany (DS) 12:15pm - Meditation (30) Laurie 5:30pm - Zumba Toning Rolanda 6pm - Yoga Laurie (DS) 7pm - Barre Amy	5am - PowerExpress Tanya 5:30am - Kickboxing Tanya 9:30am - COMMIT Dance Tara 4:45pm - Burn Stacey	8:15am - TBC Tanya 9:15am - Cycle Ginnine 10:15am - Gentle Yoga Laurie
3	4	5	6	7	8	9
	5am - PowerExpress Tanya 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 9:30am - Yoga Melissa (DS) 4:30pm - Low Impact Stacey 5:45pm - C.Dance/Toning Kristen 6:45pm - Cycling Ginnine	5:15am - Core Stacey 5:30am - Power HR Stacey 6:30am - Yoga Laurie 9:45am - Power Yoga Brittany 12:15pm - Meditation (30) Laurie 5:30pm - Bootcamp Tiffany 7pm - Core and More Amy (DS)	5am - PowerExpress Tanya 5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - Zumba Gold Carina 12pm - Yoga Melissa (DS) 4:30pm - Low Impact Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Ginnine	5:15am - Core Stacey 5:30am - Power Express Stacey 9:30am - Barre Tanya 9:45am - Yin Yoga Brittany (DS) 12:15pm - Meditation (30) Laurie 5:30pm - Zumba Toning Rolanda 6pm - Yoga Laurie (DS) 7pm - Barre Amy	5am - PowerExpress Tanya 5:30am - Kickboxing Tanya 9:30am - COMMIT Dance Tara 4:45pm - Low Impact Stacey	8:15am - Step/Sculpt Tanya 9:15am - C.Dance Kristen 10:15am - PiYo Kristen
10	11	12	13	14	15	16
Hunt Center Closed Veteran's Day		5:15am - Core Stacey 5:30am - Power HR Stacey 6:30am - Yoga Laurie 9:45am - Power Yoga Brittany 12:15pm - Meditation (30) Laurie 5:30pm - Bootcamp Tiffany 7pm - Core and More Amy (DS)	5am - PowerExpress Tanya 5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - Zumba Gold Carina 12pm - Yoga Melissa (DS) 4:30pm - Burn Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Ginnine	5:15am - Core Stacey 5:30am - Power Express Stacey 9:30am - Zumba Carina 9:45am - Yin Yoga Brittany (DS) 12:15pm - Meditation (30) Laurie 5:30pm - Zumba Toning Rolanda 6pm - Yoga Laurie (DS) 7pm - Barre Amy	5am - No Class 5:30am - PiYo Kristen 9:30am - COMMIT Dance Tara 4:45pm - Class SAT 815	8:15am - Burn Stacey 9:15am - Pound Rolanda 10:15am - Gentle Yoga Laurie
17	18	19	20	21	22	23
5am - No Class 5:30am - PiYo Kristen 9am - No Class 9:30am - Yoga Melissa (DS) 9:30am - Zumba Carina 4:30pm - Low Impact Stacey 5:45pm - C.Dance/Toning Tiff 6:45pm - Cycling Ginnine	5:15am - Core Stacey 5:30am - Power HR Stacey 6:30am - Yoga Laurie 9:45am - Power Yoga Brittany 12:15pm - Meditation (30) Laurie 5:30pm - Bootcamp Tiffany 7pm - Core and More Amy (DS)	5am - PowerExpress Tanya 5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - Zumba Gold Carina 12pm - Yoga Melissa (DS) 4:30pm - Low Impact Stacey 5:30pm - Cardio Dance Kristen 6:30pm - Cycling Ginnine	5:15am - Core Stacey 5:30am - Power Express Stacey 9:30am - Barre Tanya 9:45am - Yin Yoga Brittany (DS) 12:15pm - Meditation (30) Laurie 5:30pm - Zumba Toning Rolanda 6pm - Yoga Laurie (DS) 7pm - Barre Amy	5am - PowerExpress Tanya 5:30am - Kickboxing Tanya 9:30am - COMMIT Dance Tara 4:45pm - Low Impact Stacey	8:15am - TBC Tanya 9:15am - Strong Tiffany 10:15am - Pound Rolanda	
24	25	26	27	28	29	30
5am - PowerExpress Tanya 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 9:30am - Yoga Melissa (DS) 4:30pm - Burn Stacey 5:45pm - C.Dance/Toning Kristen 6:45pm - Cycling Ginnine	5:15am - Core Stacey 5:30am - Power HR Stacey 6:30am - Yoga Laurie 9:45am - Power Yoga Brittany 12:15pm - Meditation (30) Laurie 5:30pm - Bootcamp Tiffany 7pm - Core and More Amy (DS)	5am - PowerExpress Tanya 5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - Zumba Gold Carina 12pm - No Class 4:30pm - Burn Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Ginnine	Happy Thanksgiving! Hunt Center Closed	Hunt Center Open 8AM-5PM No Group X Classes	8:15am - TBC Tanya 9:15am - Cycle Ginnine 10:15am - TBD	