



November Group Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Yoga & Brunch 9AM-12PM (fee applies)
2	3 Barbell Burn 9am Yoga Flow 10am Functional Strength 6pm	4 Strength/Cardio Int. Blast 6am HIIT 9am	5 Strength/Cardio Int. Blast 6am Barbell Burn 9am Functional Strength 6pm	6 Strength/Cardio Int. Blast 6am HIIT 9am	7	8
9	10 Barbell Burn 9am Yoga Flow 10am Functional Strength 6pm	11 Strength/Cardio Int. Blast 6am HIIT 9am	12 Strength/Cardio Int. Blast 6am Barbell Burn 9am Functional Strength 6pm	13 Strength/Cardio Int. Blast 6am HIIT 9am	14	15
16	17 Barbell Burn 9am Yoga Flow 10am Functional Strength 6pm	18 Strength/Cardio Int. Blast 6am HIIT 9am	19 Strength/Cardio Int. Blast 6am Barbell Burn 9am Functional Strength 6pm	20 Strength/Cardio Int. Blast 6am HIIT 9am	21	22
23	24	25 Strength/Cardio Int. Blast 6am HIIT 9am	26 Strength/Cardio Int. Blast 6am Barbell Burn 9am	27 	28	29
30						

INSTRUCTORS:

Barbell Burn, Yoga Flow, and HIIT: Megan Uyetake
Strength/Cardio Interval Blast: Erica | Functional Strength: Kelsey