

November



2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 11:30 Stretch Zone **1630 Jujitsu Class	5 0600 Power Hour* 0830 Seymour Muscle* 1130 YOGA	6 0600 Stretch Zone 1130 Power Hour* **1630 Jujitsu Class 1800 YOGA	7 0830 Seymour Muscle* 1130 ZUMBA	8	9
10	11 Veterans Day	12 0600 Power Hour* 0830 SEYMOUR MUSCLE* 1130 YOGA	13 0600 Stretch Zone 1130 Power Hour* **1630 Jujitsu Class 1800 YOGA	14 0830 Seymour Muscle* 1130 ZUMBA	15	16
17	18 11:30 Stretch Zone **1630 Jujitsu Class	19 0600 Power Hour* 0830 SEYMOUR MUSCLE* 1130 YOGA	20 0600 Stretch Zone 1130 Power Hour* **1630 Jujitsu Class 1800 YOGA	21 0830 Seymour Muscle* 1130 ZUMBA	22	23
24	25 11:30 Stretch Zone **1630 Jujitsu Class	26 0600 Power Hour* 0830 SEYMOUR MUSCLE* 1130 YOGA	27 0600 Stretch Zone 1130 Power Hour* **1630 Jujitsu Class 1800 YOGA	28 Thanksgiving	29	30

*FITNESS IMPROVEMENT(FIP) CLASS

** Fee required