



NOVEMBER 2017 - GROUP EXERCISE SCHEDULE

WOMEN'S ONLY CLUB 5715 82nd St; 783-0044

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00pm BARRE Candace						
	8:30am POWER Leigh	8:30a BARRE FUSION Sandi	8:30a SCULPT & TONE Rachel	8:30am X-TRAIN (Cardio Interval) Katy <i>(no class 11/23)</i>	8:30a POWER Heather <i>(no class 11/24)</i>	
		9:30am ZUMBA Angelita	9:30am WARM POWER YOGA Kayli	9:30am ZUMBA Laura <i>(no class 11/23)</i>		10:00am CIRCUIT INTERVAL Sandi
	5:30pm STRENGTH & TONE Summer	5:30pm BLAST Katy	5:30pm BARRE Candace <i>(no class 11/22)</i>	5:30pm TABATA Jacey <i>(no class 11/23)</i>		
	6:30pm ZUMBA Angelita	6:30pm YOGA Kim	6:30pm CIRCUIT INTERVALS Sandi <i>(no class 11/22)</i>	6:30pm ZUMBA Jenny <i>(no class 11/23)</i>		