

Thanksgiving Break Group Fitness

Week of 11/21 Classes

MON	TUES	WEDS	THURS	FRI
CYCLE CIRCUIT 6:15am		CYCLE CIRCUIT 6:15am	NO CLASSES	NO CLASSES
	Cycle 8:45am			
FIT45 12:15pm	HIIT 12:15pm	TRX Body 9:15am		
Blast & Burn 4:00pm				
Stretch & Core 4:00pm				
Fundamentals 5:00pm				