

2023 NOVEMBER GROUPX & SPIN

			1 5:45 SPIN & STRETCH CINDY 8 HATHA MICHAEL 9 SPIN (30/30) AMIRA 9:30 STRICTLY STRGTH ABBY 9:30 BARRE (STUDIO X) TRACY 11 MUSCLE MAX LT JAY 4 RESTORATIVE YOGA SUE 5:30 PILATES SCULPT AMIRA 5:45 SPIN (B&B) ADRIENNE 6:30 VINAYASA LAUREN			2 5:45 BOOTCAMP LIZ 8:30 PILATES SCULPT LAURA 9:30 SPIN (30/30) AMY 9:30 SURFSET CNCLD 9:30 3-2-1 ANGELA 10:3 SLOW FLOW VINAYASA MICHAEL 6:30 STRICTLY STRGTH JAY BOOTCAMP JAY			3 5:45 SPIN B&B LIZ 7:45 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9 SPIN 30/30 SHIRIN 9:30 BOOTCAMP (GYM) LAUREN 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN NANCY			4 8 HATHA MICHAEL 9 SPIN XL SHIRIN 9 STEP & WEIGHTS PATTY 10 PILATES SCULPT LAURA 10 GYM CIRCUITS JAY 11 BOOTCAMP(GYM) JAY 11 ZUMBA LAUREN								
5 8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:15 HATHA/VIN CARYN 10 BOOTCAMP (GYM) MAX			6 5:45 SPIN (B&B) LIZ 8 HATHA/VIN NANCY 9 CARDIO-BARRE ANDY 9:15 SPIN XL (75) SHIRIN 9:30 GYM CIRCUIT JAY 10 YOGA BLEND ANDY 11 MUSCLE MAX LT CARYN 4 RESTORATIVE YOGA CARYN 6 KETTLE BELL CRUSH JAY			7 5:45 BOOTCAMP LIZ 8:30 BALANCE (STX) MICHAEL 8:30 PILATES SCULPT LAURA 9:30 SURFSET SHIRIN 9:30 SPIN XP ANGELA 9:30 3-2-1 ALLIE 10:30 YOGA BLEND TERRANCE 12 YOGA BLEND JOE 5:30 SPIN (XP) SHIRIN 5:30 YOGA STRONG CARYN 6:30 BOOTCAMP JAY			8 5:45 SPIN & STRETCH CINDY 8 HATHA MICHAEL 9 SPIN (30/30) AMIRA 9:30 STRICTLY STRGTH ABBY 9:30 BARRE (STUDIO X) TRACY 11 MUSCLE MAX LT JAY 4 RESTORATIVE YOGA CARYN 5:30 PILATES SCULPT AMIRA 5:45 SPIN (B&B) ADRIENNE 6:30 VINAYASA LAUREN			9 5:45 BOOTCAMP AMIRA 8:30 PILATES SCULPT LAURA 9:30 SPIN (30/30) ANGIE 9:30 SURFSET SHIRIN 9:30 3-2-1 ABBY 10:3 SLOW FLOW VINAYASA CARYN 5:30 STRICTLY STRGTH JAY 6:30 BOOTCAMP JAY			10 5:45 SPIN B&B AMIRA 7:45 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9 SPIN 30/30 SHIRIN 9:30 BOOTCAMP (GYM) ABBY 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN NANCY			11 8 HATHA MICHAEL 9 SPIN XL ANGELA 9 STEP & WEIGHTS PATTY 10 PILATES SCULPT LAURA 10 GYM CIRCUITS AMIRA 11 KICKBOXING CHARLIE 11 ZUMBA LAUREN		
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