

NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Halloween	1	2 10am Senior Fit	3 6:30 Cardio Power Hour	4 10am Senior Fit 6:30 Body Sculpt	5	6 9am Yoga
7	8	9 10am Senior Fit	10 6:30 Cardio Step	11 10am Senior Fit	12 6pm Fusion **DINNER AND DRINKS AFTER!! **	13 9am Yoga
14	15	16 10am Senior Fit 6:30 Kickboxing	17	18 10am Senior Fit 6:30 Body Sculpt	19	20 9am Yoga
21	22	23 10am Senior Fit 6:30 Cardio Power Hour	24	25 <i>Thanksgiving Day</i> NO CLASS	26	27 9am Yoga
28	29	30 10am Senior Fit	1	2	3	4

Notes:

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