

November 2020

Group Fitness

All Classes take place in Health Club unless otherwise indicated.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:15AM—TRX FIT—TL	2 9AM— Vinyasa Flow - KA 6PM—Strength—TL	3 8:15AM— X-Fit-TL 9AM— Spin— AO	4 7AM— Body Sculpt-AO 9AM— Yin Yoga— KA 6PM—SPIN CORE—TL	5 8:15AM— X-Fit-TL 9AM— HIIT— AO	6 8:15AM—TRX—TL	7 9:30AM-Spin/Core -AO
8 8:15AM—TRX FIT—TL	9 9AM— Vinyasa Flow - KA 6PM—Strength—TL	10 8:15AM— X-Fit-TL 9AM— Spin— AO	11 7AM— Body Sculpt-AO 9AM— Yin Yoga— KA 6PM—SPIN CORE—TL	12 8:15AM— X-Fit-TL 9AM— HIIT— AO	13 8:15AM—TRX—TL	14
15 8:15AM—TRX FIT—TL	16 9AM— Vinyasa Flow-KA 6PM—Strength—TL	17 8:15AM— X-Fit-TL 9AM— Spin— AO	18 7AM— Body Sculpt— AO 9AM— Yin Yoga— KA 6PM—SPIN CORE—TL	19 8:15AM— X-Fit-TL 9AM— HIIT— AO	20 8:15AM—TRX—TL	21 9:30AM-Spin/Core -AO
22/29 8:15AM—TRX FIT—TL	23/30 9AM— Vinyasa Flow KA 6PM—Strength—TL	24 8:15AM— X-Fit-TL 9AM— Spin— AO	25 7AM— Body Sculpt 9AM— Yin Yoga— KA 6PM—SPIN CORE—TL	26 8:15AM— X-Fit-TL	27 8:15AM—TRX—TL	28



Instructors:

AO— Aoife O’Sullivan

KA—Kimberly Albuerne

TL—Tyrone Lindsey