

# November

# 2011

<i>Su n</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		<b>1</b>	<b>2</b>	<b>3</b> 5 am Spin - Steph 8 am Zumba - Kim 9 am TKO Noon Yoga - Rena 4:30 pm Yoga - Sue 5:30 pm Step - Terri 6:30 Zumba - Tamela	<b>4</b> 5 am Pump - Kirsten 8 am Zumba - Kim 9 am Pump - Kim 10:15 Pilates - Sue Noon Pump - Terri 4:30 Pump - Sarah	<b>5</b> 8am Pump Elizabeth 9am Step - Elizabeth 10am - Zumba - Tamela
<b>6</b>	<b>7</b> 5am Pump- Kirsten 7 am Yoga - Sue 8 am Step - Terri 9 am Pump - Terri Noon Pump - Kim 4:30 Pump - Sarah 5:30 Step- Jessie 6:30 Spin - Steph 7:30 Zumba - Erika	<b>8</b> 5 am Spin - Steph 8 am Zumba - Kim 9 am TKO - Staff Noon Yoga - Rena 4:30 pm Yoga - Sue 5:30 PUMP - Terri 6:30 Zumba - Tamela	<b>9</b> 5 am Pump - Steph 7 am Yoga - Sue 8 am Step - Terri 9 am Pump - Terri Noon Pump - Sarah 4:30 pm Pump - Jessie 5:30 ZUMBA - Erika 6:30 TKO - Dana	<b>10</b> 5 am Spin - Steph 8 am Zumba - Kim 9 am TKO Noon Yoga - Rena 4:30 pm Yoga - Sue 5:30 pm Step - Terri 6:30 Zumba - Tamela	<b>11</b> 5 am Pump - Kirsten 8 am Zumba - Kim 9 am Pump - Kim 10:15 Pilates - Sue Noon Pump - Terri 4:30 pm Pump - Sarah 5:30 Zumba - Dana	<b>12</b> 8am Pump Elizabeth 9am Step - Elizabeth 10:15 - Yoga
<b>13</b>	<b>14</b> 5am Pump- Kirsten 7 am Yoga - Sue 8 am Step - Terri 9 am Pump - Terri Noon Pump - Kim 4:30 Pump - Sarah 5:30 Step- Jessie 6:30 Spin - Steph 7:30 Zumba - Erika	<b>15</b> 5 am Spin - Steph 8 am Zumba - Kim 9 am TKO - Staff Noon Yoga - Rena 4:30 pm Yoga - Sue 5:30 PUMP - Terri 6:30 Zumba - Tamela	<b>16</b> 5 am Pump - Steph 7 am Yoga - Sue 8 am Step - Terri 9 am Pump - Terri Noon Pump - Sarah 4:30 pm Pump - Jessie 5:30 ZUMBA - Erika	<b>17</b> 5 am Spin - Steph 8 am Zumba - Terri 9 am TKO Noon Yoga - Rena 4:30 pm Yoga - Sue 5:30 pm Step - Terri 6:30 Zumba - Tamela	<b>18</b> 5 am Pump - Kirsten 8 am Zumba - Kim 9 am Pump - Kim 10:15 Pilates - Sue Noon Pump - Terri 4:30 pm Pump - Sarah	<b>19</b> 8am Pump Elizabeth 9am Step - Elizabeth 10am - Zumba - Tamela
<b>20</b>	<b>21</b> 5am Pump- Kirsten 7 am Yoga - Sue 8 am Step - Terri 9 am Pump - Terri Noon Pump - Kim 4:30 Pump - Sarah 5:30 Step- Jessie 6:30 Spin - Steph 7:30 Zumba - Erika	<b>22</b> 5 am Spin - Steph 8 am Zumba - Kim 9 am TKO - Staff Noon Yoga - Rena 4:30 pm Yoga - Sue 5:30 PUMP - Terri 6:30 Zumba - Tamela	<b>23</b> 5 am Pump - Steph 7 am Yoga - Sue 8 am Step - Terri 9 am Pump - Terri Noon Pump - Sarah 4:30 pm Pump - Jessie 5:30 ZUMBA - Erika	<b>24</b> <b>Thanksgiving</b> <b>No Classes!</b> <b>No</b> <b>Childcare!</b>	<b>25</b> 5 am Pump - Kirsten 8 am Zumba - Kim 9 am Pump - Kim 10:15 Pilates - Sue Noon Pump - Terri 4:30 pm Pump - Sarah	<b>26</b> 8am Pump - 9am Step - 10:15 - Yoga
<b>27</b>	<b>28</b> 5am Pump- Kirsten 7 am Yoga - Sue 8 am Step - Terri 9 am Pump - Terri Noon Pump - Kim 4:30 Pump - Sarah 5:30 Step- Jessie 6:30 Spin - Steph 7:30 Zumba - Erika	<b>29</b> 5 am TKO - Steph 8 am Zumba - Kim 9 am TKO - Staff Noon Yoga - Rena 4:30 pm Yoga - Sue 5:30 PUMP - Terri 6:30 Zumba - Tamela	<b>30</b> 5 am Pump - Steph 7 am Yoga - Sue 8 am Step - Terri 9 am Pump - Terri Noon Pump - Sarah 4:30 pm Pump - Jessie 5:30 ZUMBA - Erika			