

NOVEMBER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30-10:30am cardioBARRE	2 9:00-10:00am barreEFFECT
3 8:15 – 9am beSCULPT & Stretch 9:15-10:15am Rise & Flow Yoga	4 9:30-10:25am barreESQUE 10:30-11:15am MAMA STRONG 6:15-7:15pm pilatesREMIX	5 5:30-6:15pm pilatesEFFECT 6:30–7:30pm Candlelight Yoga	6 9:30-10:30am barreEFFECT 6 – 7pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	7 9:30-10:30am pilatesREMIX 5:30–6:20pm beSCULPT & Stretch 6:30–7:30pm Xen Strength Yoga	8 9:30-10:30am cardioBARRE	9 9:00-10:00am barreEFFECT
10 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	11 VETERAN'S DAY 9:30-10:30am Pilates Strength & Stretch	12 5:30-6:15pm pilatesEFFECT 6:30–7:30pm Candlelight Yoga	13 9:30-10:30am barreEFFECT 6 – 7pm barreEFFECT	14 9:30-10:30am barreCORE 6:30–7:30pm Xen Strength Yoga	15 9:30-10:30am cardioBARRE	16 9:00-10:00am barreEFFECT
17 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	18 9:30-10:25am barreESQUE 10:30-11:15am MAMA STRONG 5:15-6pm barreESQUE 6:15-7:15pm pilatesREMIX	19 5:30-6:15pm pilatesEFFECT 6:30–7:30pm Candlelight Yoga	20 9:30-10:30am barreEFFECT 6 – 7pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	21 9:30-10:30am pilatesREMIX 5:30–6:15pm barreXPRESS 6:30–7:30pm Xen Strength Yoga	22 9:30-10:30am cardioBARRE 6 – 7pm <i>*SPA YOGA*</i> <i>restorative flow</i>	23 9:00-10:00am barreEFFECT
24 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	25 9:30-10:25am barreESQUE 10:30-11:15am MAMA STRONG 6:15-7:15pm pilatesREMIX	26 5:30-6:15pm pilatesEFFECT 6:30–7:30pm Candlelight Yoga	27 9:15-10am PRE-TURKEY BURN <i>*Please note time change this day only!</i>	28 THANKSGIVING 9 – 10 am 8th Annual TURKEY BURN 	29 9:30-10:30am beSCULPT & Stretch	30 9:00-10:00am barreEFFECT

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