

November Schedule

All Classes on this schedule are free to our members (except as indicated) and are 1 hour in duration!
Follow us on Facebook for daily updates!

| Time | MON. | TUES. | WED. | THURS. | FRI. | SAT. | SUN. |
|---------|--|---------------------------------------|--|---------------------------------------|---------------------------------------|--|-----------------------------------|
| 5:30am | MFIT 365 Enrollment & Fee Required | MFIT 365 Enrollment & Fee Required | MFIT 365 Enrollment & Fee Required | MFIT 365 Enrollment & Fee Required | MFIT 365 Enrollment & Fee Required | | |
| 8:00am | MFIT 365 Enrollment & Fee Required | | MFIT 365 Enrollment & Fee Required | | MFIT 365 Enrollment & Fee Required | | |
| 9:00am | MFIT 365 w/Melinda Enrollment & Fee Required | TAI CHI w/Maria S. | MFIT 365 w/Melinda Enrollment & Fee Required | Functional Training w/Maria S. | Cardio Combo w/Lisa | TABATA/ PILATES 30min/25min w/Melinda | |
| 10:00am | AIT w/Angela | | AIT w/Angela | PIYO- STRENGTH w/Tammy | Yoga w/Rene' | ZUMBA w/Candace | |
| 3:00pm | | | | | | | |
| 4:00pm | | MFIT 365 Enrollment & Fee Required | | MFIT 365 Enrollment & Fee Required | | | |
| 5:00pm | MAX 30 w/Lori- Beth | STRONG w/LARA | RIP w/Lori- Beth | KICK BOXING COMBO w/MELINDA | | | (5:15pm) MAX 30 w/Lori-Beth |
| 6:00pm | ZUMBA w/ Lara | ZUMBA w/Renee | ZUMBA w/Lara | R.I.P.P.E.D w/Nana | | | |
| 7:00pm | PIYO- STRENGTH w/Tammy | RIP w/Adana | FIT BARRE w/Adana | RIP w/Adana | | | |

