


Upstairs

We are celebrating Friendship
 Bring a Friend on Member Mondays...
 For Free!
 Both of your names will go in a drawing for a
\$25 Gift Card to Hobby Lobby!

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 5:30 Cut-N-Sweat Kaden	2	3 9:00 HIIT Training TBA {Call before you come to the gym in case we do not find someone!}
4	5 9:30 Cut-N-Tone Kaden 5:45 Extreme Circuit Kaden	6 5:30 Cut-N-Sweat Kaden	7 8:30 Cardio Int. Meredith	8 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Kaden	9	10 9:00 HIIT Training Michelle
11	12 9:30 Cut-N-Tone Kaden 5:45 Triple Threat Amber	13 5:30 Cut-N-Sweat Kaden	14 8:30 Cardio Int. Meredith	15 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Kaden	16	17 9:00 HIIT Training Joanna
18	19 9:30 Cut-N-Tone Kaden 5:45 Extreme Circuit Kaden	20 5:30 Cut-N-Sweat Kaden	21 8:30 Cardio Int. Meredith	22 	23	24
25	26 9:30 Cut-N-Tone Kaden 5:45 Triple Threat Amber	27 5:30 Cut-N-Sweat Kaden	28 8:30 Cardio Int. Meredith	29 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Kaden	30	