

Nov. Calendar 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:30 Max Cardio HIIT and TABATA 45 minutes! WITH LINDA	Nov. 1 6 a.m. PIYO w/ Denise 9:00 Barrefit with Denise	Nov. 2 8:30 PILATES REFORM W/DENISE	Nov. 3 9:00 A.M. BARREFIT WITH DENISE	4th 8:15-9:05 PILATES Reform and Sculpt with Denise *Signature Class*
5	6	7	8	9	10	11
Please note: Tuesday/Thurs classes are at 8:30 and Wed/Friday a.m. classes are at 9:00 a.m.		8:30 Max Cardio HIIT and TABATA 45 minutes! WITH LINDA	6 a.m. PIYO w/ Denise 9:00 Barrefit with Denise	8:30 Pilates Reform Denise	9:00 A.M. BARREFIT WITH DENISE	8:15-9:05 am Pilates Reform and Sculpt Pilates, ropes, cardio, weights..... Denise *Signature Class*
12	13	14	15	16	17	18
We are taking the Monday 6 a.m. class off the schedule for November and December. We will try again in January!		No Class Today	6 A.M Piyo w/Denise 9:00Barrefit with Denise	8:30 PILATES REFORM W/DENISE	9:00 A.M. BARREFIT WITH DENISE	No Class Today!
19	20	21	22	23	24	25
BLACK FRIDAY SALE PUNCH CARDS \$70.00 11/23-12/1		8:30 Max Cardio HIIT and TABATA 45 minutes! WITH LINDA	6 A.M PIYO w/Denise 9:00 Barrefit with Denise	8 a.m. THANKSGIVING DAY WORKOUT 45 MINUTES CARDIO, CORE AND MORE! WITH DENISE	No Class Thanksgiving break!	8:15-9:05 am Pilates Reform and Sculpt Pilates, ropes, cardio, weights..... Denise *Signature Class*
26	27	28	Nov. 29th	Nov. 30th	Dec. 1	Dec. 2nd.
		8:30 Max Cardio HIIT and TABATA 45 minutes! WITH LINDA	6 a.m. PIYO with Denise 9:00 Barrefit with Denise	No Class today	9:00 a.m. Barre with Linda in for Denise	No Class Denise is out of town.

Pilates Reform and Scu

First Time always Free
Drop in \$10
Punch Card 10 Classes

Denise
Signature Class

X=Express Class 45 minutes