



Life Center Fitness November Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		9am (McClees) Zumba Toning 7pm (Vicki) PiYo	<i>HITT Strength Class Cancelled</i> 6:00pm (Sue) Yoga (I)	9am (Gretchen) Zumba Gold 7pm (Lindsey) Zumba	7pm (Lindsey) Zumba Step	9am (Lindsey) Zumba
6	7	8	9	10	11	12
	8:30am (Sue) Yoga (B) 6pm (McClees) Zumba Toning 7pm (Lindsey) Zumba	9am (McClees) Zumba Gold 7pm (Vicki) PiYo	6am (Magda) HIIT Strength 6:00pm (Sue) Yoga (I)	9am (McClees) Zumba Toning 7pm (Lindsey) Zumba	7pm (Lindsey) Zumba Step	9am (Lindsey) Zumba
13	14	15	16	17	18	19
	8:30am (Sue) Yoga (B) 6pm (McClees) Zumba Toning 7pm (Lindsey) Zumba	9am (McClees) Zumba Gold 7pm (Vicki) PiYo	6am (Magda) HIIT Strength 6:00pm (Sue) Yoga (I)	9am (McClees) Zumba Toning 7pm (Lindsey) Zumba	7pm (Lindsey) Zumba Step	9am (McClees) Zumba
20	21	22	23	24	25	26
	8:30am (Sue) Yoga (B) 6pm (McClees) Zumba Toning 7pm (Lindsey) Zumba	9am (McClees) Zumba Gold 7pm (Vicki) PiYo	6am (Magda) HIIT Strength 6:00pm (Sue) Yoga (I)	<p style="text-align: center;"><u><i>Closed for Thanksgiving</i></u></p> 	7pm (Lindsey) Zumba Step <u><i>Adjusted Hours 8am-8pm</i></u>	9am (McClees) Zumba
27	28	29	30			
	8:30am (Sue) Yoga (B) 6pm (McClees) Zumba Toning 7pm (Lindsey) Zumba	9am (McClees) Zumba Gold 7pm (Vicki) PiYo	6am (Magda) HIIT Strength 6:00pm (Sue) Yoga (I)			