































# November 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:05am			 6:30-7am			
8:30am	  8:30-9am	 8:30-9am	  8:30-9am		 8:30-9:30am  8:30-9am	 9:30-10:30am
9am	 9:05-10am	 9am-9:30am	 9:05-10am		 9:05-9:50am	11/6 and 11/20
10am		 10-11:15am			 10am-11am	 9:30-10:30  11/3 & 11/27
12:10pm	 12:10-12:50pm	  *12:10-12:50pm	 12:10-12:50pm	 12:10-12:50pm	 12:10-12:50pm	
5:30pm	 5:30-6pm		 5:15-6pm	 5:30-6pm	<b>Early Morning SPRINT participants:</b> In order to attend the class you will need to have your 24/7 access card.	
6:10pm	 6:10-7pm	5:30-6:30pm	 6:10-7pm	 6:10-6:40pm		

## Monthly Reminders:

\*Tuesday 12:10pm-classes rotate, Bodystep 11/2, 11/16 & 11/30 and BodyCombat 11/9 & 11/23

No Scheduled Class on Thursday, Nov. 11th and Thursday, Nov. 25th.  
No Evening Class on Wednesday, Nov. 24th.

Modified class schedules on Friday, Nov. 12th and Friday, Nov. 26th (Post Turkey Day)