 November 2020 Fitness Class Schedule

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **2**  **Spinning with Kay 5:30AM**  **Core de Force 6PM (ZOOM)** | 3  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba 6PM** | 4  **Spinning with Brett 5:30AM**  **Core de Force 6 PM (ZOOM)** | 5  **Lower Body Blast with Derek 12PM**  **Spinning 6PM** | 6  **Spinning 5:30AM** | 7  **Piyo 8:30 AM- 9:15 AM**  **Zumba 9:15-10:00 AM** |
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| 9  **Spinning with Kay 5:30AM**  **Core de Force 6PM (ZOOM)** | 10  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba 6PM** | 11  **Spinning with Brett 5:30AM**  **Core de Force 6 PM (ZOOM)** | 12  **Lower Body Blast with Derek 12PM**  **Spinning 6PM** | 13  **Spinning 5:30AM** | 14  **Piyo 8:30 AM- 9:15 AM**  **Zumba 9:15-10:00 AM** |
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| 16  **Spinning with Kay 5:30AM**  **Core de Force 6PM (ZOOM)** | 17  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba 6PM** | 18  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  **Core de Force 6 PM (ZOOM)** | 19  **Lower Body Blast with Derek 12PM**  **Spinning 6PM** | 20  **Spinning 5:30AM** | 21  **Piyo 8:30 AM- 9:15 AM**  **Zumba 9:15-10:00 AM** |
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| 23  **Spinning with Kay**  **5:30AM**  **Core de Force 6PM**  **Pickleball 5-8PM (ZOOM)** | 24  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba 6PM** | 25  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  **Core de Force 6 PM (ZOOM)** | 26  **Lower Body Blast with Derek 12PM**  **Spinning 6PM** | 27  **Spinning 5:30AM** | 28  **Piyo 8:30 AM- 9:15 AM**  **Zumba 9:15-10:00 AM** |
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| 30  **Spinning with Kay 5:30AM**  **Core de Force 6PM (ZOOM)**  **Pickleball 5-8PM** |  |  |  |  |  |
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