 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** |
|  |  |  |  |  |  |
| 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** |
|  |  |  |  |  |  |
| 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** |
|  |  |  |  |  |  |
| 30**Spinning with Kay 5:30AM****Core de Force 6PM (ZOOM)****Pickleball 5-8PM** |  |  |  |  |  |
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