

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><b>Group Fitness schedule also available at</b>  <b>flagstaffathleticclub.com</b>                      All group fitness classes are free to members.                      Schedule published on 10/30/24. Check the app or call any Service Desk at 779-4593 for most up to date information.</p>					<p><b>1</b>                      5:30 BODYPUMP®—Stephanie                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Ely</p>	<p><b>2</b>                      8:15 BODYCOMBAT®                      — Nicole                      9:30 BODYPUMP® HAPPY GLOWVEMBER                      —Angie R/Jules                      11:00 SILVER FITNESS- Maya</p>
<p><b>3</b>                      4:15 SUNDAY YOGA—Erin</p>	<p><b>4</b>                      5:30am BARBELL STRENGTH-Ali                      8:00 SILVER CHALLENGE--Jan                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Tommi                      5:15 SPRINT™--Janelle/Sean                      6:00 BODYPUMP® 45-Janelle/Sean</p>	<p><b>5</b>                      5:30 HIGH FITNESS-Ali                      9:00 BODYPUMP®—Rock                      10:30 SILVER FITNESS--Jan                      11:30 SILVER YOGA--Jan                      5:15 HIIT--Mickella</p>	<p><b>6</b>                      5:30 BODYPUMP®—Tommi                      8:00 SILVER CHALLENGE--Jan                      9:00 BODYPUMP®—Rock                      10:15 ZUMBA!--Kate                      4:15 BARRE/PILATES FUSION 45                      --Angie A                      5:30 BODYCOMBAT®--Janelle</p>	<p><b>7</b>                      5:30 HIGH FITNESS-Ali                      9:00 BODYPUMP®—Rock                      10:30 SILVER FITNESS--Jan                      5:15 SPRINT™ --Sean/Janelle                      6:00 BODYPUMP® —Sean/Janelle</p>	<p><b>8</b>                      5:30 BODYPUMP® - Stephanie                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Ely</p>	<p><b>9</b>                      8:15 BODYCOMBAT®                      — Janelle                      9:30 BODYPUMP®                      —Janelle/Sean                      11:00 SILVER FITNESS- Jan</p>
<p><b>10</b>                      4:15 SUNDAY YOGA—Erin</p>	<p><b>11</b>                      5:30 BARBELL STRENGTH-Ali                      8:00 SILVER CHALLENGE--Jan                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Tommi                      5:15 SPRINT™--Sean/Janelle                      6:00 BODYPUMP® 45--Sean/Janelle</p>	<p><b>12</b>                      5:30 HIGH FITNESS-Ali                      9:00 BODYPUMP®—Rock                      10:30 SILVER FITNESS--Jan                      11:30 SILVER YOGA--Jan                      5:15 HIIT--Maya</p>	<p><b>13</b>                      5:30 BODYPUMP®—Tommi                      8:00 SILVER CHALLENGE--Jan                      9:00 BODYPUMP®—Rock                      10:15 ZUMBA!--Kate                      4:15 BARRE/PILATES FUSION 45                      --Angie A                      5:30 BODYCOMBAT®--Janelle</p>	<p><b>14</b>                      5:30 HIGH FITNESS-Ali                      9:00 BODYPUMP®—Rock                      10:30 SILVER FITNESS--Jan                      5:15 SPRINT™ --Sean/Janelle                      6:00 BODYPUMP® —Sean/Janelle</p>	<p><b>15</b>                      5:30 BODYPUMP® --Stephanie                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Ely</p>	<p><b>16</b>                      8:15 BODYCOMBAT®                      — Janelle                      9:30 BODYPUMP®                      —Janelle/Sean                      11:00 SILVER FITNESS- Maya</p>
<p><b>17</b>                      4:15 SUNDAY YOGA—Erin</p>	<p><b>18</b>                      5:30 BARBELL STRENGTH-Ali                      8:00 SILVER CHALLENGE--Jan                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Tommi                      5:15 SPRINT™--Janelle/Sean                      6:00 BODYPUMP® 45--Janelle/Sean</p>	<p><b>19</b>                      5:30 HIGH FITNESS-Ali                      9:00 BODYPUMP®—Rock                      10:30 SILVER FITNESS--Jan                      11:30 SILVER YOGA--Jan                      5:15 HIIT--Maya</p>	<p><b>20</b>                      5:30 BODYPUMP®—Tommi                      8:00 SILVER CHALLENGE--Jan                      9:00 BODYPUMP®—Rock                      10:15 ZUMBA!--Kate                      4:15 BARRE/PILATES FUSION 45                      --Mickella                      5:30 BODYCOMBAT®--Janelle</p>	<p><b>21</b>                      5:30 HIGH FITNESS-Ali                      9:00 BODYPUMP®—Rock                      10:30 SILVER FITNESS--Jan                      5:15 SPRINT™ --Sean/Janelle                      6:00 BODYPUMP® —Sean/Janelle</p>	<p><b>22</b>                      5:30 BODYPUMP® --Stephanie                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Ely</p>	<p><b>23</b>                      8:15 Turkey Twerky--Janelle/Kerry                      9:30 BODYPUMP®                      —Janelle/Sean                      11:00 SILVER FITNESS- Jan</p>
<p><b>24</b>                      4:15 YIN YOGA--Jan</p>	<p><b>25</b>                      5:30 BARBELL STRENGTH--Ali                      8:00 SILVER CHALLENGE--Jan                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Tommi                      5:15 SPRINT™--Janelle/Sean                      6:00BODYPUMP® 45--Janelle/Sean</p>	<p><b>26</b>                      5:30 HIGH FITNESS-Ali                      9:00 BODYPUMP® —Rock                      10:30 SILVER FITNESS--Jan                      11:30 SILVER YOGA--Jan                      5:15 HIIT--Mickella</p>	<p><b>27</b>                      Club Hours 5am-6pm                      5:30 BODYPUMP®—Tommi                      8:00 SILVER CHALLENGE--Jan                      9:00 BODYPUMP®—Rock                      10:15 ZUMBA!--Berta                      4:15 BARRE/PILATES FUSION 45                      --Mickella</p>	<p><b>28</b>                      Thanksgiving Day                      Clubs Closed</p>	<p><b>29</b>                      Club Hours 7am-8pm                      9:00 BODYCOMBAT®--Tommi/Ely                      10:15 BODYPUMP®--Ely/Tommi</p>	<p><b>30</b>                      8:15 BODYCOMBAT®                      — Janelle                      9:30 BODYPUMP®                      —Janelle/Sean                      11:00 SILVER FITNESS- Maya</p>

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<b>3</b>	<b>4</b> 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb	<b>5</b> 6:00 PILATES--Carly 7:15 RISING FLOW--Carly 9:00 PILATES FUSION--Jan 10:15 RPM--Rock 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™ --Angie R	<b>6</b> 5:30 RPM--Sean 9:00 WISDOM YOGA--Wendy 5:30 PILATES--Richard	<b>7</b> 6:00 PILATES--Carly 7:15 RISING FLOW--Carly 9:00 PILATES FUSION--Jan 10:15 CYCLING--Robb 1:30 LUNCHTIME YOGA--Tatiana 6:15 EVENING YOGA--Tatiana	<b>8</b> 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>9</b> 8:15 RPM™--Sean/Angie R 9:30 PILATES--Richard
<b>10</b>	<b>11</b> 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb	<b>12</b> 6:00 PILATES--Carly 7:15 RISING FLOW--Carly 9:00 PILATES FUSION-- Jan 10:15 RPM--Rock 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™-- Angie R	<b>13</b> 5:30 RPM--Sean 9:00 WISDOM YOGA--Wendy 5:30 PILATES--Richard	<b>14</b> 6:00 PILATES--Carly 7:15 RISING FLOW--Carly 9:00 PILATES FUSION--Jan 10:15 CYCLING--Robb 1:30 LUNCHTIME YOGA--Tatiana 6:15 EVENING YOGA--Tatiana	<b>15</b> 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Sean	<b>16</b> 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard
<b>17</b>	<b>18</b> 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb	<b>19</b> 6:00 PILATES--Carly 7:15 RISING FLOW--Carly 9:00 PILATES FUSION-- Jan 10:15 RPM--Rock 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™--Angie R	<b>20</b> 5:30 CYCLING--Sean 9:00 WISDOM YOGA--Wendy 5:30 PILATES--Richard	<b>21</b> 6:00 PILATES--Carly 7:15 RISING FLOW--Carly 9:00 PILATES FUSION--Jan 10:15 CYCLING--Robb 1:30 LUNCHTIME YOGA--Tatiana 6:15 EVENING YOGA--Tatiana	<b>22</b> 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>23</b> 8:15 RPM™ Thighs before Pies --Sean/Angie R 9:30 PILATES--Richard
<b>24</b>	<b>25</b> 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb	<b>26</b> 6:00 PILATES--Carly 7:15 RISING FLOW--Carly 9:00 PILATES FUSION-- Jan 10:15 RPM--Rock 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™ Thighs before Pies--Angie R	<b>27</b> Club Hours 5am-6pm 5:30 CYCLING--Sean 9:00 WISDOM YOGA--Wendy	<b>28</b> Thanksgiving Day Clubs Closed	<b>29</b> Club Hours 7am-8pm 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>30</b> 8:15 RPM™--Sean/Angie R 9:30 PILATES--Richard

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<p><b>3</b> 9:00 BODYCOMBAT®                      — Ely                      10:15 BODYPUMP® —Ely                      2:45 BODYBALANCE--Angie R                      4:00 LES MILLS DANCE®-Jules</p>	<p><b>4</b> 5:30 GRIT Athletic-Stephanie                      8:30 STEP—Laurie                      10:00 AQUA B.A.S.I.C. 45*--Jan                      10:00 BEG STEP 30—Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carly                      3:30 FLEX-ABILITY+CORE--Julie                      5:30 ZUMBA!-- Mickella</p>	<p><b>5</b> 7:45 FLEX-ABILITY+CORE—Julie                      9:00 POOLATES*--Julie                      9:00 BODYPUMP®--Angie R                      10:45 SilverSneakers® CLASSIC                      --Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE 100's--Angie A                      6:00 BODYPUMP® 45--Ely                      7:00 ZUMBA!--Berta</p>	<p><b>6</b> 5:30 GRIT Strength--Stephanie                      8:30 STEP—Laurie                      10:00 AQUA B.A.S.I.C. 45*--Julie                      10:00 BEG STEP 30—Laurie                      11:00 M &amp; S 50—Julie                      12:15 LUNCHTIME YOGA--Carly                      3:30 FLEX-ABILITY+CORE--Julie                      5:30 EVENING YOGA--Tatiana</p>	<p><b>7</b> 7:45 FLEX-ABILITY+CORE--Julie                      9:00 BODYCOMBAT®--Nicole                      9:00 POOLATES*--Julie                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE FUSION &amp; Sole Training--An-                      gie A                      6:00 BODYPUMP® 45--Ely                      7:00 ZUMBA!--Berta</p>	<p><b>8</b> 9:00 BODYPUMP--Angie R                      10:00 AQUA B.A.S.I.C.45*--Julie                      10:30 BEG STEP 30--Laurie                      11:30 MOVEMENT &amp; STRENGTH--Julie                      12:45 SilverSneakers® CLASSIC--Julie                      5:30 PILATES--Richard</p>	<p><b>9</b> 8:15 UNWIND YOGA--Carly                      9:30 ZUMBA!--Kate                      10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>10</b> 9:00 BODYCOMBAT®                      — Ely                      10:15 BODYPUMP--Ely                      2:45 SOULFUSION--Angie A                      4:00 LES MILLS DANCE®-Kerry</p>	<p><b>11</b> 5:30 GRIT™ Cardio--Stephanie                      8:30 STEP—Laurie                      10:00 AQUA B.A.S.I.C. 45*--Jan                      10:00 BEG STEP 30—Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carly                      3:30 FLEX-ABILITY+CORE—Julie                      5:30 BODYCOMBAT--Nicole</p>	<p><b>12</b> 7:45 FLEX-ABILITY+CORE—Julie                      9:00 POOLATES*--Julie                      9:00 BODYPUMP--Angie R                      10:45 SilverSneakers® CLASSIC                      --Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE ABOVE--Angie A                      6:00 BODYPUMP® 45--Ely                      7:00 ZUMBA!--Berta</p>	<p><b>13</b> 5:30 GRIT™ Strength--Kristi                      8:30 STEP—Laurie                      10:00 AQUA B.A.S.I.C. 45*--Julie                      10:00 BEG STEP 30—Laurie                      11:00 M &amp; S 50—Julie                      12:15 LUNCHTIME YOGA--Carly                      3:30 FLEX-ABILITY+CORE--Julie                      5:30 EVENING YOGA--Tatiana</p>	<p><b>14</b> 7:45 FLEX-ABILITY+CORE--Julie                      9:00 BODYCOMBAT®--Nicole                      9:00 POOLATES*--Julie                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE FUSION--Ely                      6:00 BODYPUMP® 45--Jules                      7:00 ZUMBA!--Berta</p>	<p><b>15</b> 9:00 BODYPUMP--Angie R                      10:00 AQUA B.A.S.I.C. 45*--Julie                      10:30 BEG STEP 30--Laurie                      11:30 MOVEMENT &amp; STRENGTH --Julie                      12:45 SilverSneakers® CLASSIC--Julie                      5:30 PILATES--Richard</p>	<p><b>16</b> 8:15 BODYBALANCE--Ely                      9:30 ZUMBA!--Berta                      10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>17</b> 9:00 BODYCOMBAT®                      — Ely                      10:15 BODYPUMP® —Ely                      2:45 BODYBALANCE--Angie R                      4:00 LES MILLS DANCE®-Kerry</p>	<p><b>18</b> 5:30 GRIT™ Cardio--Stephanie                      8:30 STEP—Laurie                      10:00 AQUA B.A.S.I.C. 45*--Jan                      10:00 BEG STEP 30—Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carly                      3:30 FLEX-ABILITY+CORE—Julie                      5:30 ZUMBA!--Kate</p>	<p><b>19</b> 7:45 FLEX-ABILITY+CORE—Julie                      9:00 POOLATES*--Julie                      9:00 BODYPUMP®--Angie R                      10:45 SilverSneakers® CLASSIC                      --Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE ABOVE--Angie A                      6:00 BODYPUMP® 45--Ely                      7:00 ZUMBA!--Berta</p>	<p><b>20</b> 5:30 GRIT™ Strength--Kristi                      8:30 STEP--Laurie                      10:00 AQUA B.A.S.I.C. 45*--Julie                      10:00 BEG STEP—Laurie                      11:00 M &amp; S 50—Julie                      12:15 LUNCHTIME YOGA--Carly                      3:30 FLEX-ABILITY+CORE--Julie                      5:30 EVENING YOGA--Tatiana</p>	<p><b>21</b> 7:45 FLEX-ABILITY+CORE--Julie                      9:00 POOLATES*--Julie                      9:00 BODYCOMBAT®--Nicole                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE FUSION--Mickella                      6:00 BODYPUMP® 45--Jules                      7:00 LM DANCE--Jules</p>	<p><b>22</b> 9:00 BODYPUMP Thighs before Pies                      --Angie R                      10:00 AQUA B.A.S.I.C. 45*--Julie                      10:30 BEG STEP 30--Laurie                      11:30 MOVEMENT &amp; STRENGTH --Julie                      12:45 SilverSneakers® CLASSIC--Julie                      5:30 PILATES--Richard</p>	<p><b>23</b> 8:15 UNWIND YOGA--Carly                      9:30 ZUMBA!--Kate                      10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>24</b> 9:00 BODYCOMBAT®                      — Ely                      10:15 BODYPUMP® —Ely                      2:45 BODYBALANCE Thighs                      before Pies--Angie R                      4:00 LES MILLS DANCE®-Kerry</p>	<p><b>25</b> 5:30 GRIT Athletic-Stephanie                      8:30 STEP—Laurie                      10:00 AQUA B.A.S.I.C. 45*--Jan                      10:00 BEG STEP 30—Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carly                      3:30 FLEX-ABILITY+CORE—Julie                      5:30 ZUMBA!--Mickella</p>	<p><b>26</b> 7:45 FLEX-ABILITY+CORE—Julie                      9:00 POOLATES*--Julie                      9:00 BODYPUMP®--Angie R                      10:45 SilverSneakers® CLASSIC                      --Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 STARRE--Angie A                      6:00 BODYPUMP® 45--Ely                      7:00 ZUMBA!--Berta</p>	<p><b>27</b> Club Hours 5am-6pm                      5:30 GRIT™ Strength--Kristi                      10:00 AQUA B.A.S.I.C. 45*--Julie                      11:00 M &amp; S 50—Julie                      3:30 FLEX-ABILITY+CORE--Julie</p>	<p><b>28</b> Thanksgiving Day                      Clubs Closed</p>	<p><b>29</b> Club Hours 7am-8pm                      9:00 BODYPUMP®--Sean                      10:00 AQUA B.A.S.I.C. 45*--Julie                      11:30 MOVEMENT &amp; STRENGTH --Julie                      12:45 SilverSneakers® CLASSIC--Julie                      5:30 PILATES--Richard</p>	<p><b>30</b> 8:15 UNWIND YOGA--Erin                      9:30 ZUMBA!--Mickella                      10:45 FLEX-ABILITY+CORE--Julie</p>

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<p>3</p>	<p>4</p> <p>9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard</p>	<p>5</p> <p>5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE--Ely 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE--Laurie 5:00 BODYCOMBAT®--Nicole</p>	<p>6</p> <p>9:00 TRX FULL BODY TRAINING --Robb 11:00 LES MILLS DANCE® --Jules</p>	<p>7</p> <p>5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE--Tommi 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE --Laurie</p>	<p>8</p> <p>9:00 PRECISION TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate</p>	<p>9</p>
<p>10</p>	<p>11</p> <p>9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard</p>	<p>12</p> <p>5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE--Ely 9:15 CYCLING—Laurie 10:45 MOVE 'n GROOVE--Laurie 5:00 BODYCOMBAT®--Nicole</p>	<p>13</p> <p>9:00 TRX FULL BODY TRAINING --Robb 11:00 LES MILLS DANCE® --Jules</p>	<p>14</p> <p>5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE--Tommi 9:15 CYCLING—Laurie 10:45 MOVE 'n GROOVE--Laurie</p>	<p>15</p> <p>9:00 PRECISION TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate</p>	<p>16</p>
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<p>24</p>	<p>25</p> <p>9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard</p>	<p>26</p> <p>5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE--Ely 9:15 CYCLING—Laurie 10:45 MOVE 'n GROOVE--Kate</p>	<p>27</p> <p>Club Hours 5am-6pm 9:00 TRX FULL BODY TRAINING --Robb 11:00 LES MILLS DANCE® --Jules</p>	<p>28</p> <p>Thanksgiving Day Clubs Closed</p>	<p>29</p> <p>Club Hours 7am-8pm 10:15 ZUMBA!--Mickella</p>	<p>30</p>