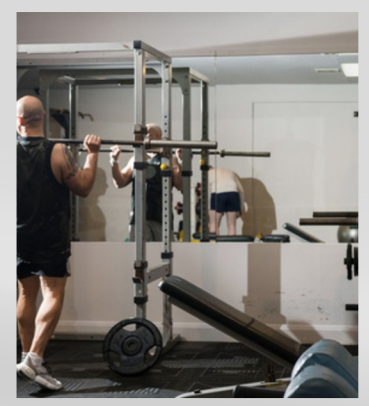


CLASS SCHEDULE



NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY
7.15AM SPIN & CORE 9.30AM AQUA AEROBICS 18.30PM TOTAL BODY FITNESS	7.15AM TOTAL BODY FITNESS 9.30AM TOTAL BODY FITNESS 18.30PM SPIN	7.15AM TOTAL BODY FITNESS 9.30AM FULL BODY SWEAT 19.15PM AQUA AEROBICS
THURSDAY	FRIDAY	WEEKEND
7.15AM TOTAL BODY FITNESS 9.30AM SPIN & CORE	7.15AM SPIN & WEIGHTS 9.30AM TOTAL BODY FITNESS 18.30PM EXPRESS SPIN	SATURDAY 9.30AM SPIN & WEIGHTS SUNDAY 9.30AM TOTAL BODY FITNESS