

NOVEMBER 2024

MONDAY	5am	6am	Team X-FIT	Bryan
MONDAY	6am	7am	Team POWER	Andrea
MONDAY	9am	10am	Team TRAIN	Heidi
MONDAY	4:30pm	5:30pm	Team POWER	Jen
MONDAY	5:30pm	6:30pm	Team FUSION / Core	Paige
MONDAY	6:30pm	7:30pm	Open Gym	Bryan
TUESDAY	5am	6am	Team FUSION / Strength	Jen
TUESDAY	6am	7am	Team FUSION / Strength	Jen
TUESDAY	9am	10am	Team TRAIN	Heidi
TUESDAY	5:30pm	6:30pm	Team FUSION / Strength	Christina
WEDNESDAY	5am	6am	Team X-FIT	Bryan
WEDNESDAY	6am	7am	Team TRAIN	Michelle
WEDNESDAY	4:30pm	5:30pm	Team BARRE	MaryBeth
WEDNESDAY	5:30pm	6:30pm	Team TRAIN	Jen
WEDNESDAY	6:30pm	7:30pm	Team FIGHT	Jen
THURSDAY	5am	6am	Team TRAIN	Andrea
THURSDAY	6am	7am	Team TRAIN	Andrea
THURSDAY	9am	10am	Team TRAIN	Andrea
THURSDAY	5:30pm	6:30pm	Team POWER	Michelle
THURSDAY	6:30pm	7:30pm	Yoga	Michelle
FRIDAY	5am	6am	Team FUSION / Core	Paige
FRIDAY	6am	7am	Team POWER	Andrea
FRIDAY	9am	10am	Team TRAIN	Heidi
FRIDAY	4pm	5pm	Open Gym	Bryan
FRIDAY	5pm	6pm	Team X-FIT	Bryan
SATURDAY	7am	8am	Team TRAIN	Michelle
SATURDAY	8am	9am	Team RIDE 45	Rachel
SATURDAY	9am	10am	Team POWER	Michelle
SUNDAY	7am	8am	Yoga	Michelle
SUNDAY	8am	9am	Team FIGHT	Jen
SUNDAY	9am	10am	Team FUSION / Strength	Jen