



Yoga & Pilates Class Schedule November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turbo Fusion 5:30-6:15am	2
5 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	6 Turbo Fusion 5:30-6:15am	7 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	8 Turbo Fusion 5:30-6:15am	9
12 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	13 Turbo Fusion 5:30-6:15am	14 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	15 Turbo Fusion 5:30-6:15am	16
19 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	20 Turbo Fusion 5:30-6:15am	21 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	22 Closed for Thanksgiving	23
26 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	27 Turbo Fusion 5:30-6:15am	28 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	29 Turbo Fusion 5:30-6:15am	30