

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ORANGE: Small Group Training *Additional Fee</p> <p>"WRW": Weight Room Workout (Strength Series)</p> <p>O: Outdoors (Garage Area) V: Virtual Option Available</p>		<p><i>Please register for classes and small group training ahead of time via our website or using the free Mindbody App</i></p>	<p>1 5:45 Fitcamp(O) 9:30 Circuit Training (OV)</p> <p>3:00 Pilates Apparatus* 4:00 Pilates Apparatus* 5:30 Spin (O) 6:00 Pilates Apparatus*</p>	<p>2 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:45 WRW* 6:00 TRX (30m) 6:30 Stretch & Relax (30m)</p>	<p>3 5:45 Fitcamp(O) 9:30 Total Conditioning(OV) 1:30 Pilates Apparatus*</p>	<p>4 7:30 Spin (OV) 8:30 Barre 11am Mental Performance Workshop</p> <p>*OWN YOUR DIRECTION Details below</p>
5	<p>6 5:45 Fitcamp(O) 7:00 WRW* 9:30 HIIT(30 m) (OV)</p> <p>4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)</p>	<p>7 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*</p> <p>5:30 Equipment Circuit (O) 6:30 Nutrition Program</p>	<p>8 5:45 Fitcamp(O) 9:30 Circuit Training (OV)</p> <p>3:00 Pilates Apparatus* 4:00 Pilates Apparatus* 5:30 Spin (O) 6:00 Pilates Apparatus*</p>	<p>9 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:45 WRW* 6:00 TRX (30m) 6:30 Stretch & Relax (30m)</p>	<p>10 5:45 Fitcamp(O) 9:30 Total Conditioning(OV) 1:30 Pilates Apparatus*</p>	<p>11 7:30 Spin (OV) 8:30 Barre</p>
12	<p>13 5:45 Fitcamp(O) 7:00 WRW* 9:30 HIIT(30 m) (OV)</p> <p>4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)</p>	<p>14 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*</p> <p>5:30 Equipment Circuit (O) 6:30 Nutrition Program</p>	<p>15 5:45 Fitcamp(O) 9:30 Circuit Training (OV)</p> <p>3:00 Pilates Apparatus* cx'd 4:00 Pilates Apparatus* cx'd 5:30 Spin (O) 6:00 Pilates Apparatus* cx'd</p>	<p>16 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:45 WRW* 6:00 TRX (30m) 6:30 Stretch & Relax (30m)</p>	<p>17 5:45 Fitcamp(O) 9:30 Total Conditioning(OV) 1:30 Pilates Apparatus*</p>	<p>18 7:30 Spin (OV) 8:30 Barre</p>
19	<p>20 5:45 Fitcamp(O) 7:00 WRW* 9:30 HIIT(30 m) (OV)</p> <p>4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)</p>	<p>21 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*</p> <p>5:30 Equipment Circuit (O) 6:30 Nutrition Program cx'd</p>	<p>22 5:45 Fitcamp(O) 9:30 Circuit Training (OV)</p> <p><i>All Evening Classes Canceled</i></p>	<p>23 8:30 Barre</p> <p>Thanksgiving</p>	<p>24 5:45 Fitcamp(O) 9:30 Total Conditioning(OV) 1:30 Pilates Apparatus*</p>	<p>25 7:30 Spin (OV) 8:30 Barre</p> <p>11am-1pm Sip & Shop Small</p>
26	<p>27 5:45 Fitcamp(O) 7:00 WRW* 9:30 HIIT(30 m) (OV)</p> <p>4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)</p>	<p>28 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*</p> <p>5:30 Equipment Circuit (O) 6:30 Nutrition Program</p>	<p>29 5:45 Fitcamp(O) 9:30 Circuit Training (OV)</p> <p>3:00 Pilates Apparatus* 4:00 Pilates Apparatus* 5:30 Spin (O) 6:00 Pilates Apparatus*</p>	<p>30 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:45 WRW* 6:00 TRX (30m) 6:30 Stretch & Relax (30m)</p>	<p>* <u>Special Events</u> open to the public</p> <p>Own Your Direction on Saturday November 4th 8-11a Little Blue Bakery (coffee, vegan treats) 9:30-11a Assessments (free for autopay members) 11a Mental Performance Workshop (\$25)</p> <p>Sip & Shop Small on Saturday November 25th 11am-1pm Have a drink and shop small!</p>	