

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ORANGE: Small Group Training: series not included in class cards/memberships. Email fitnessdirections@gmail.com for availability WRW: Weight Room Workout (Strength Series)		O: Outdoors (Garage Studio) V: Virtual Option Available	Upcoming Events: 4th Annual Sip & Shop Small Saturday, November 22nd from 11 AM – 2 PM <i>(the Saturday before Small Business Saturday!)</i>			1 7:30 Spin (OV) 8:30 Barre (V)
2	3 5:45 TRX 7:00 WRW* 8:00 HIIT(30 m) (OV) 5:30 Spin (OV)	4 8:30 WRW* 9:30 Barre (45 m) (V) 5:30 TRX 5:30 Pilates Apparatus*	5 5:45 Fitcamp 7:00 Core & Stretch 8:00 WRW* 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV)	6 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(OV) 10:30 Pilates Apparatus* 5:30 Barre Fusion (V) 6:30 Stretch, Roll & Restore	7 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(OV) 11:00 Pilates Apparatus*	8 7:30 Spin (OV) 8:30 Barre (V)
9	10 5:45 TRX 7:00 WRW* 8:00 HIIT(30 m) (OV) 5:30 Spin (OV)	11 8:30 WRW* 9:30 Barre (45 m) (V) 5:30 TRX 5:30 Pilates Apparatus*	12 5:45 Fitcamp 7:00 Core & Stretch 8:00 WRW* 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV)	13 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(OV) 10:30 Pilates Apparatus* 5:30 Barre Fusion (V) 6:30 Stretch, Roll & Restore	14 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(OV)	15 7:30 Spin (OV) 8:30 Barre (V)
16	17 5:45 TRX 7:00 WRW* 8:00 HIIT(30 m) (OV) 5:30 Spin (OV)	18 8:30 WRW* 9:30 Barre (45 m) (V) 5:30 TRX 5:30 Pilates Apparatus*	19 5:45 Fitcamp 7:00 Core & Stretch 8:00 WRW* 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV)	20 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(OV) 10:30 Pilates Apparatus* 5:30 Barre Fusion (V) 6:30 Stretch, Roll & Restore	21 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(OV) 11:00 Pilates Apparatus*	22 7:30 Spin (OV) 8:30 Barre (V) 4th Annual Sip & Shop Small 11am-2pm
23 _____ 30	24 5:45 TRX 7:00 WRW* 8:00 HIIT(30 m) (OV) 5:30 Spin (OV)	25 8:30 WRW* 9:30 Barre (45 m) (V) 5:30 TRX 5:30 Pilates Apparatus*	26 5:45 Fitcamp 7:00 Core & Stretch 8:00 WRW* 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* Studio closing early, all evening classes canceled	27 Happy Thanksgiving Studio Closed	28 Studio Closed	29 7:30 Spin (OV) 8:30 Barre (V)