



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p align="center"><b>CYCLING</b></p> <p>You can reserve a bike for the Cycling Classes by calling 453-5441 one hour prior to class. Please bring a towel and bottled water.</p> <p>Beginner cyclists, come to class 10 minutes before class begins to get a proper bike fit</p> <p align="center"><b>PEDAL, PUMP &amp; EXTRA BURN</b></p> <p>30 minutes of cycling followed by a 45 minute ladder style HIIT Workout</p> 				<p>7:30 AWT Vickie              8:30 AWT Vickie              10:00 SSS Vickie              12:30 TOTAL BODY Vickie              4:30 CYCLING Nicole              5:30 BODY DESIGN Danielle              6:45 YOGA Karen</p>	<p>1</p> <p>8:30 BODY DESIGN Vickie              9:45 YOGA Vickie              12:00 H2o SHALLOW Rox              12:30 HIIT Nicole</p>	<p>2</p> <p>8:30 PEDAL &amp; PUMP Mandy              10:00—11:30 YOGA Kate</p>
<p>4</p> <p>8:30 TRIPLE TREAT Millie              9:45 YOGA Kate              12:30 CORE CYCLE Nicole              1:00 H2o DEEP Rox              1:45 H2o SHALLOW Rox              4:30 PURE STRENGTH Mandy              5:30 CYCLING Danielle              7:00 YOGA Jamie</p>	<p>5</p> <p>7:30 AWT Vickie              8:30 AWT Vickie              10:00 SSS Vickie              12:30 TOTAL BODY Vickie              4:30 CYCLING Nicole              5:30 BODY DESIGN Kelly              6:45 YOGA Ann Marie</p>	<p>6</p> <p>8:30 CORE COND. &amp; MORE Vickie              9:45 YOGA Kate              12:30 CORE CYCLE Beth              1:00 H2o DEEP Rox              1:45 H2o SHALLOW Rox              4:30 HIIT Mandy              5:30 CYCLING Kelly              5:30 YOGA Millie</p>	<p>7</p> <p>7:30 AWT Vickie              8:30 AWT Vickie              10:00 SSS Vickie              12:30 TOTAL BODY Nicole              4:30 CYCLING Karen              5:30 BODY DESIGN Karen              6:45 YOGA Karen</p>	<p>8</p> <p>8:30 BODY DESIGN Ann Marie              9:45 YOGA Ann Marie              12:00 H2o SHALLOW Rox              12:30 TABATA SCULPT Ann Marie</p>	<p>9</p> <p>8:30 PEDAL &amp; PUMP Karen              10:00—11:30 YOGA Kate</p>	
<p>11</p> <p>8:30 TRIPLE TREAT Millie              9:45 YOGA Kate              12:30 CORE CYCLE Ann Marie              1:00 H2o DEEP Karen              1:45 H2o SHALLOW Karen              4:30 PURE STRENGTH Karen              5:30 CYCLING Danielle              7:00 YOGA Jamie</p>	<p>12</p> <p>7:30 AWT Vickie              8:30 AWT Vickie              10:00 SSS Vickie              12:30 TOTAL BODY Nicole              4:30 CYCLING Mandy              5:30 BODY DESIGN Kelly              6:45 YOGA Karen</p>	<p>13</p> <p>8:30 CORE COND. &amp; MORE Vickie              9:45 YOGA Kate              12:30 CORE CYCLE Beth              1:00 H2o DEEP Rox              1:45 H2o SHALLOW Rox              4:30 HIIT Mandy              5:30 CYCLING Kelly              5:30 YOGA Millie</p>	<p>14</p> <p>7:30 AWT Karen              8:30 AWT Karen              10:00 SSS Karen              12:30 TOTAL BODY Karen              4:30 CYCLING Nicole              5:30 BODY DESIGN Danielle              6:45 YOGA Ann Marie</p>	<p>15</p> <p>8:30 BODY DESIGN Danielle              9:45 YOGA Vickie              12:00 H2o SHALLOW Rox              12:30 HIIT Nicole</p>	<p>16</p> <p>8:30 PEDAL &amp; PUMP Nicole              10:00—11:30 YOGA Kate</p>	
<p>18</p> <p>8:30 TRIPLE TREAT Millie              9:45 YOGA Kate              12:30 CORE CYCLE Beth              1:00 H2o DEEP Karen              1:45 H2o SHALLOW Karen              4:30 PURE STRENGTH Ann Marie              5:30 CYCLING Danielle              7:00 YOGA Jamie</p>	<p>19</p> <p>7:30 AWT Vickie              8:30 AWT Vickie              10:00 SSS Vickie              12:30 TOTAL BODY Nicole              4:30 CYCLING Mandy              5:30 BODY DESIGN Karen              6:45 YOGA Karen</p>	<p>20</p> <p>8:30 CORE COND. &amp; MORE Vickie              9:45 YOGA Kate              12:30 CORE CYCLE Mandy              4:30 HIIT Nicole              5:30 CYCLING Vickie              5:30 YOGA Ann Marie</p>	<p>21</p> <p align="center"><b>HAPPY THANKS GIVING</b></p>	<p>22</p> <p align="center"></p>	<p>23</p> <p>8:30-9:45 PEDAL, PUMP &amp; EXTRA BURN Nicole              10:00—11:30 YOGA Ann Marie</p>	
<p>25</p> <p>8:30 TRIPLE TREAT Ann Marie              9:45 YOGA Kate              12:30 CORE CYCLE Ann Marie              1:00 H2o DEEP Karen              1:45 H2o SHALLOW Karen              4:30 PURE STRENGTH Nicole              5:30 CYCLING Karen              7:00 YOGA Jamie</p>	<p>26</p> <p>7:30 AWT Karen              8:30 AWT Karen              10:00 SSS Karen              12:30 TOTAL BODY Ann Marie              4:30 CYCLING Kelly              5:30 BODY DESIGN Danielle              6:45 YOGA Ann Marie</p>	<p>27</p> <p>8:30 CORE COND. &amp; MORE Nicole              9:45 YOGA Kate              12:30 CORE CYCLE Beth              1:00 H2o DEEP Rox              1:45 H2o SHALLOW Rox              4:30 HIIT Mandy              5:30 CYCLING Millie              5:30 YOGA Ann Marie</p>	<p>28</p> <p>7:30 AWT Karen              8:30 AWT Karen              10:00 SSS Karen              12:30 TOTAL BODY Nicole              4:30 CYCLING Mandy              5:30 BODY DESIGN Kelly              6:45 YOGA Ann Marie</p>	<p>29</p> <p>8:30 BODY DESIGN Karen              9:45 YOGA Karen              12:00 H2o SHALLOW Rox              12:30 HIIT Danielle</p>	<p>30</p>	