



November

2024



Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1 <u>Yoga Stretch</u> 8:30-9:30	2
3	4 <u>Yoga Stretch</u> 9:30-10:30	5 <u>Circuit Class</u> 9:30-10:30	6 <u>Yoga Stretch</u> 9:30-10:30	7 <u>BOOM Move It!</u> <u>Class</u> 9:30-10:30	8 <u>Yoga Stretch</u> 8:30-9:30	9
10	11 <u>Yoga Stretch</u> 9:30-10:30	12 <u>Circuit Class</u> 9:30-10:30	13 <u>Yoga Stretch</u> 9:30-10:30	14 <u>BOOM Move It!</u> <u>Class</u> 9:30-10:30	15 <u>Yoga Stretch</u> 8:30-9:30	16
17	18 <u>Yoga Stretch</u> 9:30-10:30	19 <u>Circuit Class</u> 9:30-10:30	20 <u>Yoga Stretch</u> 9:30-10:30	21 <u>BOOM Move It!</u> <u>Class</u> 9:30-10:30	22 <u>Yoga Stretch</u> 8:30-9:30	23
24	25 <u>Yoga Stretch</u> 9:30-10:30	26 <u>Circuit Class</u> 9:30-10:30	27 <u>Yoga Stretch</u> 9:30-10:30	28 <i>Happy Thanksgiving</i>	29 <i>Donna Off</i> <i>No Class</i>	30