

# November

## Virtual Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00AM – 11:30AM <b><u>Barre</u></b> <sup>^</sup>	11:00AM – 11:30AM <b><u>Yoga Core Fusion</u></b>	11:00AM – 11:30AM <b><u>HIIT</u></b>	11:00AM – 11:30AM <b><u>Pilates</u></b> <sup>+</sup>	08:30AM – 09:00AM <b><u>Cardio Core</u></b> <sup>+</sup>
11:45AM – 12:00PM <b><u>Seated Strength and Stretch</u></b> <sup>^</sup>	12:00PM – 12:45PM <b><u>Strength Training</u></b> <sup>^</sup>	12:00PM – 12:45PM <b><u>Yoga</u></b>	12:00PM – 12:45PM <b><u>Strength Training</u></b> <sup>^</sup> <sup>+</sup>	11:00AM – 11:30AM <b><u>Barre</u></b> <sup>^</sup> <sup>+</sup>
12:00PM – 12:30PM <b><u>Kickboxing</u></b>	01:45PM – 02:00PM <b><u>Energy Break</u></b>	01:45PM – 02:00PM <b><u>Planksgiving</u></b>	01:45PM – 02:00PM <b><u>Energy Break</u></b> <sup>+</sup>	12:00PM – 12:45PM <b><u>Yoga</u></b> <sup>+</sup>
03:00PM – 03:45PM <b><u>Yoga</u></b>	03:00PM – 03:30PM <b><u>Barre</u></b> <sup>^</sup>	03:00PM – 03:30PM <b><u>Pilates</u></b> <sup>+</sup>	03:00PM – 03:45PM <b><u>Zumba</u></b> <sup>®</sup> <sup>+</sup>	03:00PM – 03:30PM <b><u>Core</u></b> <sup>+</sup>
05:15PM – 06:00PM <b><u>Strength Training</u></b> <sup>^</sup>	04:30PM – 05:00PM <b><u>Boot Camp</u></b> <sup>^</sup>	05:15PM – 05:45PM <b><u>Kickboxing</u></b> <sup>+</sup>	05:00PM – 05:45PM <b><u>Yoga</u></b> <sup>+</sup>	



Note: All classes are in Eastern Time and hosted in English.

<sup>^</sup>Class format includes options to supplement body weight exercises, including free weights, mini exercise balls or bands.

<sup>+</sup>Classes cancelled in observance of Thanksgiving holiday 11/23 after 3PM ET – 11/25.