



**NOVEMBER-DECEMBER SCHEDULE**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
			<b>CORE CIRCUIT (Adam) 9:00-9:30</b>		<b>TRX TRAINING (Adam) 9:00-10:00</b>	
			<b>TRX TRAINING (Adam) 9:30-10:00</b>		<b>FUNCTIONAL FITNESS (Adam) 10:00-11:00</b>	
					<b>ZUMBA BASIC 60 (Emily) 11:00-12:00</b>	
		<b>INTRO TO WEIGHT TRAINING (Adam) 4:00-5:00</b>				
<b>TRX TRAINING (Adam) 5:00-6:00</b>	<b>CORE CIRCUIT (Adam) 5:00-5:30</b>	<b>CORE CIRCUIT (Adam) 5:00-5:30</b>				
<b>STRONG (Avery) 6:30-7:30</b>	<b>BEGINNER BOOTCAMP (Adam) 5:30-6:00</b>		<b>ZUMBA STEP (Emily) 6:00-7:00</b>			
<b>ZUMBA BASIC 30 (Avery) 7:30-8:00</b>		<b>ZUMBA BASIC 60 (Angela) 6:30-7:30</b>				

