

NOVEMBER - 2017 -- SPORT/EDGEMONT

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|-------------------|-----------------|-------------------|-------------|------------------------------|-------------|----------------------------|----------|-------------------|------------|---------------------|-----------------|---------------------------|-------------|
| Rush 08:20 AM | | CYCLE 06:15 AM | | Fire 08:20 AM | | CYCLE 06:15 AM | | YOGA 08:20 AM | | Force 08:30 AM | | ABSolution 45 08:30 AM | |
| 06 | Jodie B | 07 | Wayne S | 01 | Catherine J | 02 | Linda K | 03 | Tammie G | 04 | Kelli H | 05 | Catherine J |
| 13 | Jodie B | 14 | Wayne S | 08 | Marjorie M | 09 | Marisa B | 10 | Gary C | 11 | Kelli H | 12 | Catherine J |
| 20 | Jodie B | 21 | Wayne S | 15 | Catherine J | 16 | Marisa B | 17 | Tammie G | 18 | Marjorie M | 19 | Catherine J |
| 27 | Jodie B | 28 | Wayne S | 22 | Marjorie M | 23 | Marisa B | 24 | Tammie G | 25 | Kelli H | 26 | Catherine J |
| CYCLE 09:15 AM | | LIFT 08:20 AM | | CYCLE 09:15 AM | | Force 08:20 AM | | CYCLE 09:15 AM | | CYCLE 08:30 AM | | LIFT 09:20 AM | |
| 06 | Jodie B | 07 | Kimberly D | | | | | 03 | Ashley B | 04 | Deanna B | 05 | Diarmuid D |
| 13 | Jodie B | 14 | Kimberly D | 01 | Ashley B | 02 | Kelli H | 10 | Patrick G | 11 | Deanna B | 12 | Diarmuid D |
| 20 | Jodie B | 21 | Kimberly D | 08 | Ashley B | 09 | Kelli H | 17 | Ashley B | 18 | Deanna B | 19 | Diarmuid D |
| 27 | Jodie B | 28 | Kimberly D | 15 | Ashley B | 16 | Kelli H | 24 | Patrick G | 25 | Deanna B | 26 | Diarmuid D |
| Force 09:30 AM | | CYCLE 09:15 AM | | Force 09:30 AM | | CYCLE 09:15 AM | | Rush 09:30 AM | | CYCLE 09:30 AM | | Step 10:20 AM | |
| 06 | Marjorie M | 07 | Deanna B | | | | | 03 | Catt W | 04 | Jose B | 05 | Stephanie K |
| 13 | Marjorie M | 14 | Deanna B | 01 | Evie W | 02 | Leanne P | 10 | Ashley B | 11 | NO CLASS | 12 | Michele R |
| 20 | Marjorie M | 21 | Deanna B | 08 | Evie W | 09 | Leanne P | 17 | Catt W | 18 | Jose B | 19 | Stephanie K |
| 27 | Marjorie M | 28 | Gita G | 15 | Evie W | 16 | Leanne P | 24 | Ashley B | 25 | Jose B | 26 | Michele R |
| Zumba 10:30 AM | | Kick 09:30 AM | | Zumba and Toning 10:30 AM | | Zumba 09:30 AM | | Zumba 10:30 AM | | StepMix 09:40 AM | | Zumba 11:20 AM | |
| 06 | Frienty K | 07 | Evie W | 01 | Evie W | 02 | Lorne S | 03 | Andrea F | 04 | Michele R | 05 | Nicole M |
| 13 | Frienty K | 14 | Evie W | | | | | 10 | Andrea F | 11 | No Class | 12 | Mark M |
| 20 | Frienty K | 21 | Evie W | 08 | Andrea F | 09 | Kelli H | 17 | Andrea F | 18 | LaurieLee R | 19 | Nicole M |
| 27 | Frienty K | 28 | Evie W | 15 | Andrea F | 16 | Kelli H | 24 | Andrea F | 25 | LaurieLee R | 26 | Nicole M |
| YOGA 12:10 PM | | YOGA 10:30 AM | | LIFT 12:10 PM | | YOGA 10:30 AM | | Force 6:00 PM | | YOGA 10:40 AM | | YOGA 12:20 PM | |
| 06 | Hailey C | 07 | Gita G | 01 | Bryan S | 02 | Judy R | 03 | Sara S | 04 | Cristina C | 05 | Cristina C |
| 13 | Hailey C | 14 | Gita G | 08 | Bryan S | 09 | Judy R | 10 | Sara S | 11 | Cristina C | 12 | Cristina C |
| 20 | Hailey C | 21 | Gita G | 15 | Bryan S | 16 | Judy R | 17 | Sara S | 18 | LaurieLee R | 19 | Cristina C |
| 27 | Hailey C | 28 | Gita G | 22 | Bryan S | 23 | Judy R | 24 | Marjorie M | 25 | LaurieLee R | 26 | Cristina C |
| Force 6:00 PM | | CYCLE 6:00 PM | | POUND 30min 5:30 PM | | CYCLE 5:45 PM | | Zumba 7:00 PM | | Zumba 11:45 AM | | | |
| 06 | Marjorie M | 07 | Taneya H | 01 | Nicole M | 02 | Wayne S | 03 | Franco P | 04 | Pamela K | | |
| 13 | Stephanie K | 14 | Taneya H | 08 | Lisa F | 09 | Wayne S | 10 | Franco P | 11 | Pamela K | | |
| 20 | Stephanie K | 21 | Taneya H | 15 | Nicole M | 16 | Wayne S | 17 | Franco P | 18 | Pamela K | | |
| 27 | Marjorie M | 28 | Taneya H | 22 | Nicole M | 23 | Wayne S | 24 | Franco P | 25 | Mark M | | |
| CYCLE 6:00 PM | | Fire 6:00 PM | | CYCLE 5:45 PM | | Kinstretch 6:00 PM | | | | | | | |
| 06 | Jenny E | 07 | Catt W | 01 | Nicole M | 02 | Wayne S | | | | | | |
| 13 | Jenny E | 14 | LaurieLee R | 08 | Lisa F | 09 | Wayne S | | | | | | |
| 20 | Jenny E | 21 | LaurieLee R | 15 | Nicole M | 16 | Wayne S | | | | | | |
| 27 | Jenny E | 28 | LaurieLee R | 22 | Nicole M | 23 | Wayne S | | | | | | |
| YOGA 7:00 PM | | YOGA 7:00 PM | | CYCLE 5:45 PM | | Kinstretch 6:00 PM | | | | | | | |
| 06 | Gary C | 07 | Gary C | 01 | Patrick G | 02 | Bryan S | | | | | | |
| 13 | Gary C | 14 | LaurieLee R | 08 | Patrick G | 09 | Bryan S | | | | | | |
| 20 | LaurieLee R | 21 | LaurieLee R | 15 | Patrick G | 16 | Bryan S | | | | | | |
| 27 | LaurieLee R | 28 | LaurieLee R | 22 | Patrick G | 23 | Bryan S | | | | | | |
| LIFT 8:00 PM | | | | Zumba 6:00 PM | | Strong by Zumba 7:00 PM | | | | | | | |
| 06 | Bryan S | | | 01 | Nicole M | 02 | Kelli H | | | | | | |
| 13 | Bryan S | | | 08 | Kelli H | 09 | Kelli H | | | | | | |
| 20 | Bryan S | | | 15 | Nicole M | 16 | Kelli H | | | | | | |
| 27 | NO CLASS | | | 22 | Nicole M | 23 | Kelli H | | | | | | |
| | | | | 29 | Kelli H | 30 | Kelli H | | | | | | |
| | | | | Force 7:00 PM | | YOGA 8:00 PM | | | | | | | |
| | | | | 01 | Marjorie M | 02 | Rachel D | | | | | | |
| | | | | 08 | Marjorie M | 09 | Rachel D | | | | | | |
| | | | | 15 | Marjorie M | 16 | Rachel D | | | | | | |
| | | | | 22 | Marjorie M | 23 | Rachel D | | | | | | |
| | | | | 29 | Marjorie M | 30 | Rachel D | | | | | | |
| | | | | ABSolution 45 8:00 PM | | | | | | | | | |
| | | | | 01 | Catherine J | | | | | | | | |
| | | | | 08 | Catherine J | | | | | | | | |
| | | | | 15 | Catherine J | | | | | | | | |
| | | | | 22 | Catherine J | | | | | | | | |
| | | | | 29 | Catherine J | | | | | | | | |