

NOVEMBER - 2017 -- MACLEOD

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
ABSolution 30 5:00 PM		CYCLE 12:10 PM		TKO 12:05 PM		CYCLE 12:10 PM		Force 09:30 AM		Force 09:00 AM		YOGA 10:30 AM	
06	Nola R	07	Joey S	01	Russell P	02	Joey S	03	Sara S	04	Patti H	05	Pauline L
13	Nola R	14	Joey S	08	Russell P	09	Joey S	10	Sara S	11	Patti H	12	Pauline L
20	Nola R	21	Joey S	15	Russell P	16	Joey S	17	Sara S	18	Patti H	19	Pauline L
27	Nola R	28	Joey S	22	Russell P	23	Joey S	24	Francesca R	25	Patti H	26	Pauline L
Force 5:30 PM		ABSolution 30 5:00 PM		TKO 5:30 PM		ABSolution 30 5:00 PM		TKO 12:05 PM		Step 10:00 AM			
06	Patti H	07	Nola R	01	Russell P	02	Nola R	03	Russell P	04	Rachel D		
13	Patti H	14	Nola R	08	Russell P	09	Nola R	10	Russell P	11	Rachel D		
20	Patti H	21	Nola R	15	Russell P	16	Nola R	17	Russell P	18	Rachel D		
27	Patti H	28	Nola R	22	Russell P	23	Nola R	24	Russell P	25	Rachel D		
Zumba 6:30 PM		Fire & Vpr 5:30 PM		Zumba 6:30 PM		LIFT 5:30 PM				Zumba 11:00 AM			
06	Helena K	07	Catherine J	01	Ana P	02	Cory F			04	Helena K		
13	Maria M	14	Catherine J	08	Ana P	09	Cory F			11	Rachel D		
20	Helena K	21	Catherine J	15	Ana P	16	Cory F			18	Helena K		
27	Maria M	28	Catherine J	22	Ana P	23	Cory F			25	Helena K		
				29	Ana P	30	Cory F						
						Zumba 6:30 PM							
						02	Mark M						
						09	Mark M						
						16	Mark M						
						23	Mark M						
						30	Mark M						