

# NOVEMBER - 2017 -- MIDNAPORE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Rush 09:30 AM		CYCLE 09:15 AM		CYCLE 09:30 AM		TKO 09:30 AM		CYCLE 09:30 AM		CYCLE+ 09:00 AM		CYCLE+ 09:30 AM	
06	Kristi D	07	Brittany C	01	Kristi D	02	Jodi B	03	Jodi B	04	Kristi D	05	Kristi D
13	Kristi D	14	Tanya R	08	Kristi D	09	Jodi B	10	Jodi B	11	Kristi D	12	Kristi D
20	Kristi D	21	Brittany C	15	Kristi D	16	Jodi B	17	Jodi B	18	Kristi D	19	Kristi D
27	Kristi D	28	Naliya M	22	Kristi D	23	Jodi B	24	Jodi B	25	Kristi D	26	Kristi D
VIPr -45min 5:45 PM		MetX & Core 09:30 AM		ABSolution 30 10:15 AM		POUND 30min 5:15 PM		ABSolution 30 10:15 AM		TKO 09:00 AM		Zumba 09:30 AM	
06	Kristi D	07	Jodi B	01	Kristi D	02	Kristi D	03	Jodi B	04	Jodi B	05	Kimberly A
13	Kristi D	14	Jodi B	08	Kristi D	09	Kristi D	10	Jodi B	11	Jodi B	12	Kimberly A
20	Kristi D	21	Jodi B	15	Kristi D	16	Kristi D	17	Jodi B	18	Jodi B	19	Lu P
27	Kristi D	28	Jodi B	22	Kristi D	23	Kristi D	24	Jodi B	25	Jodi B	26	Kimberly A
CYCLE 6:30 PM		ABSolution 30 5:15 PM		POUND 30min 5:15 PM		Fire 5:45 PM		Zumba 6:00 PM		CYCLE+ 10:00 AM		CYCLE+ 10:30 AM	
06	Kristi D	07	Eleonora C	01	Sara S	02	Kristi D	03	Rachel D	04	Jodi B	05	Naliya M
13	Kristi D	14	Eleonora C	08	Sara S	09	Kristi D	10	Rachel D	11	Jodi B	12	Naliya M
20	Kristi D	21	Eleonora C	15	Sara S	16	Kristi D	17	Rachel D	18	Jodi B	19	Naliya M
27	Kristi D	28	Eleonora C	22	Lisa F	23	Kristi D	24	Rachel D	25	Jodi B	26	Naliya M
LIFT 7:00 PM		Zumba 6:00 PM		Force 5:45 PM		CYCLE 6:30 PM		YOGA 7:00 PM		POUND 10:00 AM		MetX & Core 10:45 AM	
06	Cory F	07	Pamela M	01	Sara S	02	Kristi D	03	Rachel D	04	Kristi D	05	Cory F
13	Cory F	14	Pamela M	08	Sara S	09	Kristi D	10	Rachel D	11	Kristi D	12	Cory F
20	Cory F	21	Pamela M	15	Sara S	16	Kristi D	17	Rachel D	18	Kristi D	19	Cory F
27	Cory F	28	Kelsey P	22	Judy R	23	Kristi D	24	Rachel D	25	Kristi D	26	Cory F
		CYCLE 6:00 PM		YOGA 6:45 PM		Zumba 6:45 PM				MetX & Core 10:45 AM		YOGA 11:30 AM	
		07	Eleonora C	01	Sara S	02	Kimberly A			04	Jodi B	05	Elyte B
		14	Eleonora C	08	Sara S	09	Kimberly A			11	Jodi B	12	Elyte B
		21	Eleonora C	15	Sara S	16	Kimberly A			18	Jodi B	19	Elyte B
		28	Eleonora C	22	Fariha N	23	Kimberly A			25	Jodi B	26	Elyte B
				29	Sara S	30	Kimberly A			YOGA 11:30 AM			
										04	Elyte B		
										11	Elyte B		
										18	Elyte B		
										25	Elyte B		