

NOVEMBER - 2017 -- NORTH HILL

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
CYCLE 06:15 AM		Fire 09:30 AM		CYCLE 09:15 AM		TKO 09:30 AM		CYCLE 09:15 AM		TKO + 09:00 AM		Force 09:00 AM	
06	Marisa B	07	Jennifer G	01	Marisa B	02	Ron C	03	Karyn S	04	Ron C	05	Patti H
13	Marisa B	14	Jennifer G	08	Marisa B	09	Ron C	10	Karyn S	11	Ron C	12	Patti H
20	Marisa B	21	Jennifer G	15	Marisa B	16	Ron C	17	Karyn S	18	Ron C	19	Patti H
27	Marisa B	28	Jennifer G	22	Marisa B	23	Ron C	24	Karyn S	25	Ron C	26	Patti H
Force 09:30 AM		LIFT 12:10 PM		Zumba 09:30 AM		Force 12:10 PM		Zumba 09:30 AM		CYCLE+ 09:30 AM		CYCLE+ 09:30 AM	
06	Kelli H	07	George S	01	Kelli H	02	Evie W	03	Kim T	04	Marisa B	05	Jose B
13	Kelli H	14	George S	08	Jumana A	09	Evie W	10	Teresa B	11	Marisa B	12	Judy R
20	Kelli H	21	George S	15	Kelli H	16	Evie W	17	Kim T	18	Marisa B	19	Judy R
27	Kelli H	28	George S	22	Jumana A	23	Evie W	24	Kim T	25	Marisa B	26	Judy R
YOGA 4:30 PM		ABSolution 30 4:00 PM		YOGA 4:30 PM		Force 4:30 PM		ZUMBA (45m) 4:45 PM		POUND 30min 11:00 AM		Zumba 10:00 AM	
06	Rob W	07	Evie W	01	Rachel D	02	Sara S	03	Helena K	04	Nicole M	05	Jeremy M
13	Rob W	14	Evie W	08	Gary C	09	Sara S	10	Helena K	11	Danielle S	12	Jeremy M
20	Rob W	21	Evie W	15	Gary C	16	Sara S	17	Helena K	18	Nicole M	19	Jeremy M
27	Rob W	28	Evie W	22	Gary C	23	Patti H	24	Helena K	25	NO CLASS	26	Jeremy M
CYCLE 4:45 PM		Force 4:30 PM		CYCLE 4:45 PM		Zumba 5:30 PM		CYCLE 4:45 PM		ZUMBA (75min) 11:30 AM		YOGA 11:15 AM	
06	Lindsey W	07	Evie W	01	Lindsey W	02	Jumana A	03	Jodie B	04	Kim T	05	Gita G
13	Lindsey W	14	Evie W	08	Lindsey W	09	Jumana A	10	Jodie B	11	Helena K	12	Gita G
20	Lindsey W	21	Evie W	15	Lindsey W	16	Jumana A	17	Jodie B	18	Kim T	19	Gita G
27	Lindsey W	28	Evie W	22	Lindsey W	16	Jumana A	24	Jodie B	25	Kim T	26	Gita G
Rush 5:30 PM		CYCLE 5:30 PM		Rush 5:30 PM		CYCLE 5:30 PM		Force 5:30 PM		YOGA 1:10 PM			
06	Kandi L	07	Marisa B	01	Lindsey W	02	Marisa B	03	Jodie B	04	Rachel D		
13	Kandi L	14	Marisa B	08	Lindsey W	09	Marisa B	10	Jodie B	11	Rachel D		
20	Kandi L	21	Marisa B	15	Lindsey W	16	Marisa B	17	Jodie B	18	Rachel D		
27	Kandi L	28	Marisa B	22	Lindsey W	16	Marisa B	24	Jodie B	25	Rachel D		
CYCLE 5:45 PM		ZUMBA (75min) 5:30 PM		Force 6:30 PM		ABSolution 45 6:30 PM							
06	Marisa B	07	Kim T	01	Rachel D	02	Jeff E						
13	Marisa B	14	Kim T	08	Rachel D	09	Jeff E						
20	Marisa B	21	Kim T	15	Rachel D	16	Jeff E						
27	Marisa B	28	Kim T	22	Rachel D	23	Jeff E						
LIFT 6:30 PM		ABSolution 30 6:45 PM		Zumba 7:30 PM		YOGA 7:30 PM							
06	Jeff E	07	Jeff E	01	Mark M	02	Rob W						
13	Jeff E	14	Jeff E	08	Mark M	09	Rob W						
20	Jeff E	21	Jeff E	15	Mark M	16	Rob W						
27	Jeff E	28	Jeff E	22	Mark M	23	Rob W						
Zumba 7:30 PM		YOGA 7:30 PM		29	Mark M	30	Rob W						
06	Michelle B	07	Rachel D	08	Mark M	09	Rob W						
13	Michelle B	14	Rachel D	15	Mark M	16	Rob W						
20	Michelle B	21	Rachel D	22	Mark M	23	Rob W						
27	Michelle B	28	Rachel D	29	Mark M	30	Rob W						