

NOVEMBER - 2017 -- RICHMOND

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Strong by Zumba 09:30 AM		Force 09:30 AM		Step 09:30 AM		CYCLE 09:30 AM		Fire 09:30 AM		CYCLE 09:00 AM		Force 09:30 AM	
06	Elisa C	07	Elisa C	01	Cindy W	02	Lindsay H	03	Jennifer G	04	Gita G	05	Rachel D
13	Elisa C	14	Elisa C	08	Cindy W	09	Lindsay H	10	Jennifer G	11	Gita G	12	Rachel D
20	Elisa C	21	Elisa C	15	Cindy W	16	Lindsay H	17	Jennifer G	18	Gita G	19	Rachel D
27	Elisa C	28	Elisa C	22	Cindy W	23	Lindsay H	24	Jennifer G	25	Gita G	26	Rachel D
Force 5:30 PM		Fire 5:30 PM		TKO 5:00 PM		Force 5:30 PM		CYCLE (30mn) 10:15 AM		MetX & Core 09:00 AM		Step 10:30 AM	
06	Rachel D	07	Gita G	01	Jorge L	02	Rachel D	03	Gita G	04	Jorge L	05	Rachel D
13	Rachel D	14	Gita G	08	Jorge L	09	Rachel D	10	Gita G	11	Jorge L	12	Rachel D
20	Rachel D	21	Gita G	15	Jorge L	16	Rachel D	17	Gita G	18	Jorge L	19	Rachel D
27	Rachel D	28	Gita G	22	Jorge L	23	Rachel D	24	Gita G	25	Jorge L	26	Rachel D
Zumba 6:30 PM		YOGA 6:30 PM		CYCLE 5:30 PM		YOGA 6:30 PM				ABSolution 30 09:45 AM		YOGA 11:30 AM	
06	Kim T	07	Kristine A	01	Naliya M	02	Hailey C			04	Gita G	05	Rachel D
13	Kim T	14	Gary C	08	Naliya M	09	Hailey C			11	Gita G	12	Rachel D
20	Kim T	21	Gary C	15	Naliya M	16	Hailey C			18	Gita G	19	Rachel D
27	Kim T	28	Kristine A	22	Naliya M	23	Hailey C			25	Gita G	26	Rachel D
				29	Naliya M	30	Hailey C			YOGA 10:15 AM			
										04	Gita G		
										11	Gita G		
										18	Gita G		
										25	Gita G		