

NOVEMBER - 2017 -- SUNRIDGE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
Fire 09:30 AM		Step 09:30 AM		Zumba 09:30 AM		Step 09:30 AM		Fire 09:30 AM		POUND 30min 08:45 AM		Zumba 11:30 AM			
06	Kandi L	07	Karen P	01	Samantha G	02	Karen P	03	Kandi L	04	Sara S	05	Andrea F		
13	Kandi L	14	Kandi L	08	Samantha G	09	Kandi L	10	Kandi L	11	Sara S	12	Andrea F		
20	Kandi L	21	Kandi L	15	Samantha G	16	Karen P	17	Kandi L	18	Danielle S	19	Andrea F		
27	Kandi L	28	Karen P	22	Samantha G	23	Karen P	24	Kandi L	25	Danielle S	26	Andrea F		
Zumba 5:30 PM		Strong by Zumba 5:30 PM		Force 5:30 PM		ABSolution 30 4:45 PM		Fire 4:45 PM		Force 09:30 AM					
06	Jerremy M	07	Michelle B	01	Danielle S	02	Catherine J	03	Catherine J	04	Sara S	11	Sara S		
13	Jerremy M	14	Michelle B	08	Jerremy M	09	Catherine J	10	Catherine J	17	Danielle S	18	Danielle S		
20	Jerremy M	21	Michelle B	15	Danielle S	16	Catherine J	24	Catherine J	25	Danielle S				
27	Jerremy M	28	Michelle B	22	Jerremy M	23	Catherine J	Zumba 5:30 PM		Kick 10:30 AM					
Force 6:30 PM				29	Danielle S	30	Catherine J	Zumba 5:30 PM		Zumba 11:30 AM					
06	Sara S			Zumba 6:30 PM		Zumba 5:30 PM		03	Alyanna S	04	Sara S				
13	Sara S			01	Jerremy M	02	Pam G	10	Alyanna S	11	Sara S				
20	Jerremy M			08	Mariane* B	09	Pam G	17	Alyanna S	18	Danielle S				
27	Jerremy M			15	Jerremy M	16	Pam G	24	Alyanna S	25	Danielle S				
				22	Mariane* B	23	Pam G			Zumba 11:30 AM					
				29	Jerremy M	30	Pam G			Rush 12:30 PM					
										04	Kandi L				
										11	Kandi L				
										18	Kandi L				
										25	Kandi L				