



Thanksgiving Schedule

25 – 27 November

Thursday, 25 November				
Start	End	Class	Instructor	Location
8:00a	9:00a	Spinning into the Holidays	Jen	Cycle Studio
9:00a	9:30a	Turkey-time Tabata	Jen	Studio A
9:30a	10:30a	Planksgiving Yogalates	Jen	Studio A
9:45a	10:30a	Suspension	Jayne	Mezzanine
10:30a	11:15a	Strength	Jayne	Studio A

Friday, 26 November				
Start	End	Class	Instructor	Location
6:15a	7:00a	Boot Camp	Jayne	Gym
8:30a	9:20a	Deep Water Fitness	Mary Kay	Comp Pool
9:15a	10:00a	HIIT	Jayne	Gym
9:15a	10:00a	Gentle Yoga	Marianne	Studio A
5:30p	6:30p	Cycle	Shannon	Cycle Studio
10:15a	10:45a	Core Blast	Jayne	Mezzanine
10:30a	11:15a	Primetime	Wendy	Studio B
10:30a	11:30a	Zumba	Laurie W	Studio A

Saturday, 27 November				
Start	End	Class	Instructor	Location
8:00a	9:00a	Vinyasa Yoga	Stephanie	Studio A
8:45a	9:45a	Cycle	Shannon	Cycle Studio
9:15a	10:15a	Barre	Bradley	Studio A

