

November Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Cardio Drumming 6:30pm Max. 22	4	5	6 ZUMBA 6:15pm Barre Fusion Free Demo 7:15pm - 7:45pm	7	8	9
10 NO CLASSES	11	12 Cardio Drumming 6:30pm	13 ZUMBA 6:15pm Barre Fusion 7:15pm	14	15	16
17 Cardio Drumming 6:30pm Max. 22	18	19	20 ZUMBA 6:15pm Barre Fusion 7:15pm	21	22	23
24 GLOW Drumming 6:30pm Max. 22	25	26	27 ZUMBA 6:15pm Class Min. 8	28 	29	30

REGISTRATION IS DUE 24 HOURS IN ADVANCE & CANCELATIONS BY 2PM SAME DAY

We reserve the right to CANCEL all classes not meeting at least 6 participants. Classes not meeting the minimum will be canceled via an email notification at least 2 hours prior to the class. Always call or text with any questions!

If at any point you cannot make a class, please try to **cancel by NOON the day of**. You are always welcome to call or text us.

If you do not cancel, and do not show, you are subject to be charged for the class.