



Thanksgiving Group Exercise Schedule

Thursday 11/24/22

- 8.15-9am- Cycle-Leah- Studio A
- 9.15-10.15am- Core Fit-Terri- Studio A
- 9.30-10.30am-Zumba -Jane- Studio B
- 10.30- 11.30am- Cycle- Frazer- Studio A

Friday 11/25/22

- 6-6.45am- Cycle- Frazer- Studio A
- 8.30-9.15am- Aqua Shallow- Janae-Pool
- 9.30-10.30am- BodyPump- Gwend- Studio A
- 9.30-10.15am – Aqua Deep- Janae-Pool
- 10.45-11.45am- Fit 'n' Fun- Elaina- Studio B
- 11-12pm-Nia- Dori- Studio A

