



THANKSGIVING

NOVEMBER 24-29



FITNESS / MIND • BODY CLASSES

	NOVEMBER 24	NOVEMBER 25	NOVEMBER 26	NOVEMBER 27	NOVEMBER 28	NOVEMBER 29
	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15A-7:00A	REV					
7:15A-8:00A	PiYo™					
11:00A-12:00P	Fitness Yoga					
12:00P-1:00P	Pilates Mat					
12:10P-12:50P	Definition					
12:10P-1:00P	Definition	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES
3:20P-3:50P	Metabolic Training					
4:00P-5:00P	Turbo Kick™					
5:15P-6:00P	In Too Deep					
5:40P-6:25P	Power Pump					

FITCARD HOLDERS MAY ATTEND MIND • BODY CLASSES ON THESE DAYS.

YOGAPASS HOLDERS MAY ATTEND FITNESS CLASSES ON THESE DAYS.

ROOM LOCATION KEY

CREC FITNESS ROOM	Grey
ECAB FITNESS ROOM	Yellow
CREC THE STUDIO	Purple
CREC COMBATIVE ARTS RM	Green
MABL POOL	Blue

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