

NOVEMBER 2018

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|--|---|--|-----------------------------------|----------------|
| 10:00 AM-10:55 Essentrics Barre | 9:00 AM - 9:30 MELT Method | 9:30 AM - 10:25 Bungee 55+ | 9:30 AM - 10:25 Aging Backwards (starts Nov 7) | 9:30 AM - 10:25 Barre Strength and Stretch | 9:00 AM - 9:55 Aging Backwards | |
| 11 AM- 11:40 Classical Stretch | 9:35 AM - 10:30 Gentle Pilates | 11:30 AM - 12:30 Pilates Suspension (starts Nov 6) | 10:35 AM - 11:30 Aging Backwards | 10:35 AM - 11:30 Pilates | 10:30 AM - 11:25 Bungee 55+ | |
| 12:00 PM -12:55 Bungee FIT | 11:00 AM - 11:55 Gentle Bungee | 11:30 AM - 12:30 Bungee Intro (Oct 30) | | 11:35 AM - 12:30 Melt Maintenance (Nov 8) | | Studio rentals |
| 1:30 PM - 2:25 PM Melt Maintenance (Nov 18) | 5:00 PM - 05:55 Intermediate Pilates | | 5:15 PM - 6:10 Essentrics Barre | 5:30 PM - 6:30 Bums & Tums | 5:30 PM - 6:25 Pilates Workout | |
| 4:30 PM - 5:30 Zumba | 6:05 PM - 07:00 Barre Workout | | 6:15 PM – 7:00 Bungee Intro (Oct 31) | 6:35 PM - 7:30 Bungee Playground | | |
| | 7:15 PM - 08:10 Athletic Stretch & Strength | | 7:15 PM – 8:15 Zumba Toning | 7:35 PM - 8:30 Aging Backwards | | |
| | | 7:15 PM – 8:15 Zumba | | | | |

note Zumba classes are organized through ‘Zumba with Lizy’ and therefore not part of Studio Fitness booking system. Anyone can drop in anytime and **your first Zumba class is free!**