

November 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 Body Sculpt 11:30 am – 12:30 pm	2 Stretch Class 10:30 am - 11:30 am Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	3	4 Family Dog Training 9:00 am – 10:00 am
5	6 Body Sculpt 11:30 am – 12:30 pm Namaste Yoga 5:30 pm – 6:30 pm	7 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	8 Body Sculpt 11:30 am – 12:30 pm	9 Stretch Class 10:30 am - 11:30 am Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	10 Adult Tae Kwon Do 7:00 pm – 8:00 pm	11 Veteran's Day Family Dog Training 9:00 am – 10:00 am
12	13 Body Sculpt 11:30 am – 12:30 pm Namaste Yoga 5:30 pm – 6:30 pm	14 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	15 Body Sculpt 11:30 am – 12:30 pm	16 Stretch Class 10:30 am - 11:30 am Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	17	18 Family Dog Training 9:00 am – 10:00 am
19	20 Body Sculpt 11:30 am – 12:30 pm Namaste Yoga 5:30 pm – 6:30 pm	21 Stretch Class 10:30 am - 11:30 am Insanity Live 12:00 pm - 1:00 pm	22 Body Sculpt 11:30 am – 12:30 pm	23 Thanksgiving	24	25
26	27 Body Sculpt 11:30 am – 12:30 pm Namaste Yoga 5:30 pm – 6:30 pm	28 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	29 Body Sculpt 11:30 am – 12:30 pm	30 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm		