

NOVEMBER 21-29 FITNESS CLASS SCHEDULE

Updated At: Nov 20th

MVL STUDIO A/B FITNESS CLASS SCHEDULE									
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Nov 21st	Nov 22nd	Nov 23rd	Nov 24th	Nov 25th	Nov 26th	Nov 27th	Nov 28th	Nov 29th
8:00am-8:50am						HAPPY THANKSGIVING			
9:30am-10:20am									
11:00am-11:50am									
1:30pm-2:20pm									
3:00pm-3:50pm									
4:20pm-5:10pm									
5:30pm-6:20pm									
PRAIRIE LODGE PAVILION - OUTDOOR FITNESS CLASS SCHEDULE									
			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00pm-1:50pm									
PRAIRIE LODGE INDOOR POOL									
			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:50am-11:40am									
VIRTUAL FITNESS CLASS SCHEDULE									
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Nov 21st	Nov 22nd	Nov 23rd	Nov 24th	Nov 25th	Nov 26th	Nov 27th	Nov 28th	Nov 29th
9:30am-10:20am	Strength45 VIRTUAL with Lorrie	All Levels Yoga VIRTUAL with Lorrie	Total Body Toning VIRTUAL with Barb	All Levels Yoga VIRTUAL with Lorrie	Music N Moves VIRTUAL with Laura	HAPPY THANKSGIVING		Strength45 VIRTUAL with Lorrie	All Levels Yoga VIRTUAL with Lorrie
11:00am-11:50am	Yin Yoga VIRTUAL with Lorrie	Meditation VIRTUAL with Lorrie	Beginner Tai Chi (VIRTUAL) with Allison*		Sit and Fit VIRTUAL with Barb			Yin Yoga VIRTUAL with Lorrie	Meditation VIRTUAL with Lorrie
2:00pm-2:50pm								= Monthly Session Classes	
3:00pm-3:50pm									
4:00pm-5:00pm			Strength45 VIRTUAL with Lorrie						