

NOVEMBER

PULSEology

FITNESS CLUB

Group X

(Studio 1)

MON

TUE

WED

THUR

FRI

SAT

SUN

7:30 AM

LES MILLS
BODYPUMP
(Pam)

7:30 AM

LES MILLS
tone
(Pam)

7:30 AM

LES MILLS
BODYPUMP
(Pam)

7:30 AM

HIIT, CORE &
RECOVERY
(Pam)

5:30 AM

HIIT Strength
(Brooke)

8:30 AM

TABATA
(Shelley)

8:30 AM

KICKBOXING
(Joy)

8:30 AM

LES MILLS
BODYPUMP
(Tovah)

8:30 AM

LES MILLS
tone
(Pam)

8:30 AM

LES MILLS
BODYCOMBAT
(Tovah)

8:00 AM

BUILD & BURN
(Joy)

9:30 AM

TOTAL BODY TONE
(Shelley)

9:30 AM

 ZUMBA
(Patricia)

9:30 AM

TABATA
(Joy)

9:30 AM

LES MILLS
BODYPUMP
(Pam)

9:00 AM

 ZUMBA
(Chikis)

10:30 AM

 ZUMBA
toning
(Janine)

10:30 AM

CORE IGNITE
(Ryan)

10:30 AM

Tone & Crunch
(Joy)

10:30 AM

 ZUMBA
(Patricia)

10:00 AM

LES MILLS
BODYPUMP
(ROTATING - SEE APP)

11:30 AM

SILVER SNEAKERS
(Caroline)

11:30 AM

SILVER SNEAKERS
(Caroline)

11:30 AM

SILVER SNEAKERS
(Ryan)

11:30 AM

SILVER SNEAKERS
(Caroline)

3:30 PM

 ZUMBA
(Melissa)

3:30 PM

 ZUMBA
(Patricia)

6:00 PM

LES MILLS
BODYPUMP
(Brooke)

6:00 PM

Body Blast Bootcamp
(Joy)

5:30 PM

LES MILLS
BODYPUMP
(Brooke)

NOVEMBER

PULSEology
FITNESS CLUB

YOGA/SPIN

(Studio 2)

MON

TUE

WED

THUR

FRI

SAT

SUN

8:30 AM

STRETCH &
RECOVER (30 MINS)

(ALISON)

8:30 AM

VINYASA FLOW

(CAROLINE)

8:30 AM

VINYASA FLOW

(CAROLINE)

8:00 AM

FLOW & STRETCH

(BERNADETTE/
JESSICA)

9:30 AM

INSPIRED YOGA

(SOHEILA)

9:30 AM

CORE YOGA FLOW

(JESSICA)

9:45 AM

CYCLE

(JOE)

9:30 AM

BARRE & BEYOND

(DELANIE)

10:30 AM

MAT PILATES

(SHEA)

10:30 AM

ESSENTIAL YOGA

(SHAVON)

10:30 AM

CORE YOGA FLOW

(JESSICA)

10:35 AM

CYCLE

(DELANIE)

5:15 PM

SPRINT SPIN

(DELANIE)

5:00 PM

MAT PILATES

(SHEA)

5:30 PM

CYCLE & SCULPT

(DELANIE)

6:00 PM

FLOW & STRETCH

(BENEDICTE)

6:00 PM

RESTORATIVE
CANDLELIGHT
YOGA
SHEA

6:30 PM

INVIGORATING
YOGA

(JESSICA)