

NOVEMBER 2021

# GROUP EXERCISE

THREE SPRINGS ROAD

# MIX IT UP!

CLASSES ARE A GREAT WAY TO BREAK  
THE ROUTINE AND STAY ACTIVE!

	SUN	MON	TUES	WED	THU	FRI	SAT
5:15 - 6:15AM		<b>Spin</b> -Megan	<b>Total Tabata</b> -Joy	<b>Spin</b> -Regina	<b>Total Tabata</b> -Joy	<b>Spin</b> 11/5 - Regina 11/12- Megan 11/19- Regina 11/26 - No Class! <b>Total Tabata</b> 11/5 - Amy 11/12- <b>Step</b> Carrie 11/19- Amy 11/26 - No Class!	
8:30 - 9:30AM		<b>Power Up</b> -Tina	<b>Spin</b> -Chandler	<b>Bootcamp</b> -Tina	<b>Spin</b> -Chandler	<b>F.I.T. (Turf)</b> -Ana	<b>Spin</b> -Chandler
9:30 - 10:30AM		<b>Spin</b> -Tina		<b>Spin</b> -Tina		<b>Spin</b> -Beth	<b>Yoga</b> -Sara
5:30 - 6:30PM		<b>Zumba</b> -Ana	<b>Strength &amp; Agility</b> -Danny	<b>Explosive Fitness</b> -Danny	<b>Strength &amp; Agility</b> -Danny		