

November 2008

- Pilates Equipment
- Balanced Body
- Children's Classes
- Ballroom

October 2008							November 2008							December 2008								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
			1	2	3	4						1				1	2	3	4	5	6	
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13		
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20		
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27		
26	27	28	29	30	31	23	24	25	26	27	28	29	28	29	30	31						
							30															

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 <ul style="list-style-type: none"> 8:00 AM Advanced Pilates 12:00 PM Level I-II Pilates 5:00 PM Level II Pilates 5:30 PM Kickboxing 6:00 PM Level I-II Pilates Reformer - Apprentice 6:30 PM Body Sculpting 	27 <ul style="list-style-type: none"> 6:00 PM ZUMBA 7:30 PM Con. Ed. Ballroom for Couples 	28 <ul style="list-style-type: none"> 8:30 AM ZUMBA with Tamyra 9:30 AM Box-n-Sculpt w/ Jen Sober 1:00 PM Level II - III Pilates 6:00 PM Adult BALLET 7:00 PM Level II Pilates 	29 <ul style="list-style-type: none"> 8:00 AM Advanced Pilates Equipment 5:00 PM Level II Pilates Equipment Class 5:00 PM YOGA 6:15 PM Box-n-Sculpt w/ Jen Sober 	30 <ul style="list-style-type: none"> 1:00 PM Level III Pilates Equipment 6:00 PM Pilates Equipment / Athletic Training 7:30 PM Beg. Ballroom Session 	31 <ul style="list-style-type: none"> 8:30 AM Power Pilates Mat Class - 8 max per class 9:30 AM Beginner Pilates Mat work w/ Kendra 10:30 AM ZUMBA with Jennifer 	
2 <ul style="list-style-type: none"> 8:00 AM Advanced Pilates 12:00 PM Level I-II Pilates 5:00 PM Level II Pilates 5:30 PM Kickboxing 6:00 PM Level I-II Pilates Reformer - Apprentice 6:30 PM Body Sculpting 	3 <ul style="list-style-type: none"> 6:00 PM ZUMBA 7:30 PM Con. Ed. Ballroom for Couples 	4 <ul style="list-style-type: none"> 8:30 AM ZUMBA with Tamyra 9:30 AM Box-n-Sculpt w/ Jen Sober 1:00 PM Level II - III Pilates 6:00 PM Adult BALLET 7:00 PM Level II Pilates 	5 <ul style="list-style-type: none"> 8:00 AM Advanced Pilates Equipment 5:00 PM YOGA 5:00 PM Level II Pilates Equipment Class 6:15 PM Box-n-Sculpt w/ Jen Sober 	6 <ul style="list-style-type: none"> 1:00 PM Level III Pilates Equipment 6:00 PM Pilates Equipment / Athletic Training 7:30 PM Beg. Ballroom Session 	7 <ul style="list-style-type: none"> 8:30 AM Power Pilates Mat Class - 8 max per class 10:30 AM ZUMBA with Jennifer 	
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