

November 2022 Gym Schedule

Updated 11/16/22

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		5:30a-6:30a: HIIT 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT 6:30p-8p: Volleyball	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	8:00a-9:15a Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT 6:30p-8p: Volleyball	11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates 1p-3:15p: Volleyball
6	7	8	9	10	11	12
	9:00a-10:15a: Pilates 11:00a-12:00p: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	5:30a-6:30a: HIIT 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT 6:30p-8p: Volleyball	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	8:00a-9:15a Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT 6:30p-8:30p: Ascension Vs. First Baptist	11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30-7p: Volleyball	9:15a-10:15a: Pilates 1p-3:15p: Volleyball
13	14	15	16	17	18	19
	9:00a-10:15a: Pilates 11:00a-12:00p: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	5:30a-6:30a: HIIT 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT 6:30p-9p: Volleyball	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	8:00a-9:15a Barre 9:30a-11:15a: Shreve Island 11:15a-12:30p: Rock Steady 3:30p-8p: Shelter from the storm presentation	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 6:30p-8p: Volleyball	9:15a-10:15a: Pilates 1:00p-3:30p: Birthday party
20	21	22	23	24	25	26
	9:00a-10:15a: Pilates 11:00a-12:00p: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	5:30a-6:30a: HIIT 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	<p>Closed Thanksgiving Day!!</p>	<p>No classes Gym open 7am-6pm</p>	9:15a-10:15a: Pilates
27	28	29	30			
	9:00a-10:15a: Pilates 11:00a-12:00p: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	5:30a-6:30a: HIIT 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball			

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