

**November - Basketball Gym Schedule**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1			1 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates	2 8:00a-11:15a: Panel 11:15a-12:30p Rock Steady 6:45p-8:00p: Volleyball	3 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	4 9:15a-10:15a: Pilates 10:30a - 2p: Volleyball
5	6 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	7 8:00a-9:15a: Barre 9:15a-10:15a: Piyo 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT 6:45p-8:00p: Volleyball	8 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	9 8:00a-9:15a: Strength 9:15a-10:15a: Piyo 11:15a-12:30p Rock Steady 6:45p-8:00p: Volleyball	10 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	11 9:15a-10:15a: Pilates 1:00p-4:00p: Pickleball
12	13 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	14 8:00a-9:15a: Barre 9:15a-10:15a: Piyo 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT 6:45p-8:00p: Volleyball	15 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	16 8:00a-9:15a: Strength 9:15a-10:15a: Piyo 11:15a-12:30p Rock Steady 6:45p-8:00p: Volleyball	17 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	18 9:15a-10:15a: Pilates 10:30a - 2p: Volleyball
19	20 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	21 8:00a-9:15a: Barre 9:15a-10:15a: Piyo 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT	22 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	23 Happy Thanksgiving!	24 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	25 9:15a-10:15a: Pilates 1:00p-4:00p: Pickleball
26	27 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	28 8:00a-9:15a: Barre 9:15a-10:15a: Piyo 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT	29 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	30 8:00a-9:15a: Strength 9:15a-10:15a: Piyo 11:15a-12:30p Rock Steady 6:45p-8:00p: Volleyball	1	2



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