

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7 <u>Adult Jazz Group Exercise</u> 7:30 p.m. - 8:30 p.m.	8 <u>Active Fit Classes</u> 9:30 a.m. - 10:30 a.m. <u>Functional Fit Classes</u> 2:00 p.m. - 3:00 p.m. <u>HIIT High Intensity Interval Training</u> 6:00 p.m. - 6:45 p.m.	9 <u>Pilates</u> 9:30 a.m. - 10:30 a.m. <u>Eldoa/Pilates</u> 5:45 p.m. - 6:45 p.m. <u>Yoga</u> 7:00 p.m. - 8:00 p.m.	10 <u>Drive Test</u> 8:30 a.m. - 4:00 p.m. <u>Active Fit</u> 9:30 a.m. - 10:30 a.m. <u>Functional Fit Classes</u> 2:00 p.m. - 3:00 p.m.	11 <u>Drive Test</u> 8:30 a.m. - 12:00 p.m. <u>Office Closure</u> - <u>Remembrance Day</u> 8:30 a.m. - 4:30 p.m.	12
13	14 <u>Adult Jazz Group Exercise</u> 7:30 p.m. - 8:30 p.m.	15 <u>Active Fit Classes</u> 9:30 a.m. - 10:30 a.m. <u>Functional Fit Classes</u> 2:00 p.m. - 3:00 p.m. <u>HIIT High Intensity Interval Training</u> 6:00 p.m. - 6:45 p.m.	16 <u>Pilates</u> 9:30 a.m. - 10:30 a.m. <u>Eldoa/Pilates</u> 5:45 p.m. - 6:45 p.m. <u>Yoga</u> 7:00 p.m. - 8:00 p.m.	17 <u>Active Fit</u> 9:30 a.m. - 10:30 a.m. <u>Functional Fit Classes</u> 2:00 p.m. - 3:00 p.m.	18	19

20	21 <u>Adult Jazz Group Exercise</u> 7:30 p.m. - 8:30 p.m.	22 <u>Active Fit Classes</u> 9:30 a.m. - 10:30 a.m. <u>Functional Fit Classes</u> 2:00 p.m. - 3:00 p.m. <u>HIIT High Intensity Interval Training</u> 6:00 p.m. - 6:45 p.m.	23 <u>Pilates</u> 9:30 a.m. - 10:30 a.m. <u>Yoga</u> 7:00 p.m. - 8:00 p.m.	24 <u>Active Fit</u> 9:30 a.m. - 10:30 a.m. <u>Functional Fit Classes</u> 2:00 p.m. - 3:00 p.m.	25	26
27	28 <u>Adult Jazz Group Exercise</u> 7:30 p.m. - 8:30 p.m.	29 <u>Active Fit Classes</u> 9:30 a.m. - 10:30 a.m. <u>Functional Fit Classes</u> 2:00 p.m. - 3:00 p.m. <u>HIIT High Intensity Interval Training</u> 6:00 p.m. - 6:45 p.m.	30 <u>Pilates</u> 9:30 a.m. - 10:30 a.m. <u>Eldoa/Pilates</u> 5:45 p.m. - 6:45 p.m. <u>Yoga</u> 7:00 p.m. - 8:00 p.m.	1	2	3