

November Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30am Low/High Tabata	2 8:45am Cardio Dance 9:45am Barre	3 8:45am Boot Camp 10am – Core Blast	4 8:45am Step w/ Style 9:45am Upper Body Blast	5
6	7 8:45am Triple Threat Cardio 9:45am Strictly Strength	8 9:30am Low/High Tabata	9 8:45am Cardio Dance 9:45am Barre	10 8:45am Boot Camp 10:00am Core Blast	11 8:45am Step w/ Style 9:45am Upper Body Blast	12
13	14 No Class	15 No Class	16 8:45am Cardio Dance 9:45am Barre	17 8:45am Boot Camp 10:00am Core Blast	18 8:45am Step w/ Style 9:45am Upper Body Blast	19
20	21 8:45am Triple Threat Cardio 9:45am Strictly Strength	22 9:30am Low/High Tabata	23 8:45am Cardio Dance 9:45am Barre	24 8:30am Turkey Day Boot Camp	25 8:45am Step w/ Style 9:45am Upper Body Blast	26
27	28 8:45am Triple Threat Cardio 9:45am Strictly Strength	29 9:30am Low/High Tabata	30 8:45am Cardio Dance 9:45am Barre			

Unlimited Classes Monthly Fee: \$40

Drop-in Rate: \$10 / per class

Contact: Dinapry@comcast.net

Address: 2064 East Grand Ave

