



NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	<p>2 500 AM Boot Camp** 900 AM R.I.P.P.E.D 1000AM Zumba 1100 AM POWER YOGA 12 PM Boot Camp</p> <p>430 PM YOGA 530 PM Boot Camp** 630 PM SPIN 730 PM Zumba</p>	<p>3 500 AM Boot Camp** 900 AM SPIN 10 AM ABS &GLUTES 1030 AM Zumba 12 PM Boot Camp</p> <p>530 PM Boot Camp** 630 PM SPIN 730 PM Power Kick</p>	<p>4 500 AM Boot Camp** 900 AM YOGA 1000 AM Zumba 11 AM Cardio KB 12 PM Boot Camp</p> <p>430 PM YOGA 530 PM Boot Camp** 630 PM SPIN 730 PM FLAUNT!</p>	<p>5 500 AM Boot Camp** 900 AM ABS &GLUTES 930 AM Zumba 1030 AM Pilates 1130 AM MMA YOGA 12 PM Boot Camp 400 PM ZUMBA 530 PM Boot Camp** 630 PM SPIN 730PM POWER YOGA 830 PM Power Kick</p>	<p>6 500 AM Boot Camp** 900 AM SPIN 10 AM Zumba 1100 AM YOGA 12 PM Boot Camp</p> <p>530 PM Boot Camp** 630 PM YOGA 730 PM Zumba</p>	<p>7 800 AM Boot Camp** 900 AM ABS &GLUTES 1030 AM Step it up 1130 AM VINYASA YOGA 1230 PM Power Kick</p>
8	<p>9 500 AM Boot Camp** 900 AM R.I.P.P.E.D 1000AM Zumba 1100 AM POWER YOGA 12 PM Boot Camp</p> <p>430 PM YOGA 530 PM Boot Camp** 630 PM SPIN 730 PM Zumba</p>	<p>10 500 AM Boot Camp** 900 AM SPIN 10 AM ABS &GLUTES 1030 AM Zumba 12 PM Boot Camp</p> <p>530 PM Boot Camp** 630 PM SPIN 730 PM Power Kick</p>	<p>11  500 AM Boot Camp** 900 AM YOGA 1000 AM Zumba 11 AM Cardio KB 12 PM Boot Camp 430 PM YOGA 530 PM Boot Camp** 630 PM SPIN 730 PM YOGA</p>	<p>12 500 AM Boot Camp** 900 AM ABS &GLUTES 930 AM Zumba 1030 AM Pilates 1130 AM MMA YOGA 12 PM Boot Camp 400 PM ZUMBA 530 PM Boot Camp** 630 PM SPIN 730PM POWER YOGA 830 PM Power Kick</p>	<p>13 500 AM Boot Camp** 900 AM SPIN 10 AM Zumba 1100 AM YOGA 12 PM Boot Camp</p> <p>530 PM Boot Camp** 630 PM YOGA 730 PM Zumba</p>	<p>14 800 AM Boot Camp** 900 AM ABS &GLUTES 1030 AM FabFit 1130 AM YOGA 1230 PM Power Kick</p>
15	<p>16 500 AM Boot Camp** 900 AM R.I.P.P.E.D 1000AM Zumba 1100 AM POWER YOGA 12 PM Boot Camp</p> <p>430 PM YOGA 530 PM Boot Camp** 630 PM SPIN 730 PM Zumba</p>	<p>17 500 AM Boot Camp** 900 AM SPIN 10 AM ABS &GLUTES 1030 AM Zumba 12 PM Boot Camp</p> <p>530 PM Boot Camp** 630 PM SPIN 730 PM Power Kick</p>	<p>18 500 AM Boot Camp** 900 AM YOGA 1000 AM Zumba 11 AM Cardio KB 12 PM Boot Camp</p> <p>430 PM YOGA 530 PM Boot Camp** 630 PM SPIN 730 PM FLAUNT!</p>	<p>19 500 AM Boot Camp** 900 AM ABS &GLUTES 930 AM Zumba 1030 AM Pilates 1130 AM MMA YOGA 12 PM Boot Camp 400 PM ZUMBA 530 PM Boot Camp** 630 PM SPIN 730PM POWER YOGA 830 PM Power Kick</p>	<p>20 500 AM Boot Camp** 900 AM SPIN 10 AM Zumba 1100 AM YOGA 12 PM Boot Camp</p> <p>530 PM Boot Camp** 630 PM YOGA 730 PM Zumba</p>	<p>21 800 AM Boot Camp** 900 AM ABS &GLUTES 930AM TURKEY TROT SPIN 1030 AM Step it up 1130 AM VINYASA YOGA 1230 PM Power Kick</p>
22	<p>23 500 AM Boot Camp** 900 AM R.I.P.P.E.D 1000AM Zumba 1100 AM POWER YOGA 12 PM Boot Camp 430 PM YOGA 530 PM Boot Camp** 630 PM SPIN 730 PM Zumba</p>	<p>24 500 AM Boot Camp** 900 AM SPIN 10 AM ABS &GLUTES 1030 AM Zumba 12 PM Boot Camp</p> <p>530 PM Boot Camp** 630 PM SPIN 730 PM Power Kick</p>	<p>25 Close @ 11PM</p> <p>500 AM Boot Camp** 900 AM YOGA 1000 AM Zumba 11 AM Cardio KB 12 PM Boot Camp</p> <p>530 PM Boot Camp**</p>	<p>26 CLOSED</p> <p></p>	<p>27 OPEN @ 5AM</p> <p>500 AM Boot Camp** 10 AM Zumba 1100 AM YOGA 12 PM Boot Camp</p> <p>530 PM Boot Camp** 630 PM YOGA 730 PM Zumba</p>	<p>28 800 AM Boot Camp** 900 AM ABS &GLUTES 1030 AM FabFit 1130 AM VINYASA YOGA 1230 PM Power Kick</p>
29	<p>30 500 AM Boot Camp** 900 AM R.I.P.P.E.D 1000AM Zumba 1100 AM POWER YOGA 12 PM Boot Camp</p> <p>430 PM YOGA 530 PM Boot Camp** 630 PM SPIN 730 PM Zumba</p>		<p>Sacchia Itzy Britany Lauren Teresa Brandon</p>	<p>Violetta Felix Allie Itzy Cat</p>	<p>All Classes indicated with ** requires a payment to be made 12 PM Boot Camp is FREE 2564-415-7780 www.facebook.com/illuminate24 www.illuminate24gym.com</p>	

