

November/December Rotations

| Date | Day | Class | Time | Instructor |
|-------------|------------|-----------------|-------------|---|
| 11/18/2023 | Saturday | Rise & Grind | 8am | Leanne |
| 11/25/2023 | Saturday | Rise & Grind | 8am | Sarah |
| 12/2/2023 | Saturday | Rise & Grind | 8am | Teresa |
| 12/5/2023 | Tuesday | Hatha Flow Yoga | 7pm | Angela |
| 12/9/2023 | Saturday | Rise & Grind | 7:30am | Gridiron/Rip & Row Mash Up - Ally & Kristi T. |
| 12/12/2023 | Tuesday | Hatha Flow Yoga | 7pm | Teresa |
| 12/16/2023 | Saturday | Rise & Grind | 8am | Kristi T. |
| 12/19/2023 | Tuesday | Hatha Flow Yoga | 7pm | Angela |
| 12/23/2023 | Saturday | Rise & Grind | 8am | Alissa |
| 12/26/2023 | Tuesday | Hatha Flow Yoga | 7pm | Teresa |
| 12/30/2023 | Saturday | Rise & Grind | 8am | Allyson |