

### HIIT Cardio - Mondays

Date	Day	Class	Time	Instructor
10/28/2024	Monday	HIIT Cardio	10:30am	Leanne
11/4/2024	Monday	HIIT Cardio	10:30am	Leanne
11/11/2024	Monday	HIIT Cardio	10:30am	Alissa
11/18/2024	Monday	HIIT Cardio	10:30am	Leanne
11/25/2024	Monday	HIIT Cardio	10:30am	Alissa
12/2/2024	Monday	HIIT Cardio	10:30am	Alissa
12/9/2024	Monday	HIIT Cardio	10:30am	Kristi S.
12/16/2024	Monday	HIIT Cardio	10:30am	Leanne
12/23/2024	Monday	HIIT Cardio	10:30am	Alissa
12/30/2024	Monday	HIIT Cardio	10:30am	Leanne

### Rip & Row - Mondays

Date	Day	Class	Time	Instructor
11/4/2024	Monday	Rip & Row	5:15pm	
11/10/2024	Monday	Rip & Row	5:15pm	
11/17/2024	Monday	Rip & Row	5:15pm	
11/24/2024	Monday	Rip & Row	5:15pm	
12/2/2024	Monday	Rip & Row	5:15pm	
12/9/2024	Monday	Rip & Row	5:15pm	
12/16/2024	Monday	Rip & Row	5:15pm	
12/23/2024	Monday	Rip & Row	5:15pm	
12/30/2024	Monday	Rip & Row	5:15pm	

### Hatha Flow Yoga - Tuesdays

Date	Day	Class	Time	Instructor
10/29/2024	Tuesday	Hatha Flow Yoga	5pm	Angela
11/5/2024	Tuesday	Hatha Flow Yoga	5pm	Kathy S
11/12/2024	Tuesday	Hatha Flow Yoga	5pm	Mona
11/19/2024	Tuesday	Hatha Flow Yoga	5pm	Jill
11/26/2024	Tuesday	Hatha Flow Yoga	5pm	Mona
12/3/2024	Tuesday	Hatha Flow Yoga	5pm	Mona
12/10/2024	Tuesday	Hatha Flow Yoga	5pm	Kathy S
12/17/2024	Tuesday	Hatha Flow Yoga	5pm	Mona

### Rise & Grind - Saturdays

Date	Day	Class	Time	Instructor
10/26/2024	Saturday	Rise & Grind	8am	Kristi S.
11/2/2024	Saturday	Rise & Grind	8am	Kristi T.
11/9/2024	Saturday	Rise & Grind	8am	*MASH UP - Ally/Kristi T.*
11/16/2024	Saturday	Rise & Grind	8am	Allyson
11/23/2024	Saturday	Rise & Grind	8am	Alissa
11/30/2024	Saturday	Rise & Grind	8am	Leanne
12/7/2024	Saturday	Rise & Grind	8am	Sarah
12/14/2024	Saturday	Rise & Grind	8am	Allyson
12/21/2024	Saturday	Rise & Grind	8am	Sarah
12/28/2024	Saturday	Rise & Grind	8am	Kristi T.

### Hatha Flow Yoga - Sundays

Date	Day	Class	Time	Instructor
10/27/2024	Sunday	Hatha Flow Yoga	10am	Courtney
11/3/2024	Sunday	Hatha Flow Yoga	10am	Angela
11/10/2024	Sunday	Hatha Flow Yoga	10am	Kelly
11/17/2024	Sunday	Hatha Flow Yoga	10am	Kelly
11/24/2024	Sunday	Hatha Flow Yoga	10am	Angela
12/1/2024	Sunday	Hatha Flow Yoga	10am	Kathy S
12/8/2024	Sunday	Hatha Flow Yoga	10am	Kelly
12/15/2024	Sunday	Hatha Flow Yoga	10am	Angela
12/22/2024	Sunday	Hatha Flow Yoga	10am	Angela
12/29/2024	Sunday	Hatha Flow Yoga	10am	Angela