

November 2018 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
10/29	10/30	10/31	1 Tai Chi Intro to S&C Cardio Dance Party	2 Kung Fu Kardio Kung Fu Kardio
5 Gentle Yoga Flow Vinyasa Yoga Flow	6 Intro to S&C STRONG by Zumba	7 Zumba Sentao	8 Tai Chi Intro to S&C Cardio Dance Party	9 Kung Fu Kardio Kung Fu Kardio
12 Gentle Yoga Flow Vinyasa Yoga Flow	13 Intro to S&C STRONG by Zumba	14 Zumba Sentao	15 Tai Chi Intro to S&C Cardio Dance Party	16 Kung Fu Kardio Kung Fu Kardio
19 SPN Closed	20 SPN Closed	21 SPN Closed	22 Thanksgiving closed	23 SPN Closed
26 Gentle Yoga Flow Vinyasa Yoga Flow	27 Intro to S&C STRONG by Zumba	28 Zumba Sentao	29 Tai Chi Intro to S&C Cardio Dance Party	30 Kung Fu Kardio Kung Fu Kardio

Yoga 12:00pm to 12:45pm | 5:30pm to 6:30pm

Intro to S&C 12:00pm to 12:45pm | 6:30pm to 7:30pm

STRONG by Zumba, Zumba Sentao, Cardio Dance Party 5:30pm to 6:30 pm

Kung Fu Kardio 12:00pm to 12:45pm | 5:30pm to 6:30pm

Tai Chi 11:30am to 12:15pm