



NOVEMBER WEEKEND SCHEDULE

SATURDAY - JOHN P. THAYER

Launch Dates	11/5/2022 Sprint/Sh'Bam/ Core	12-Nov	19-Nov	26-Nov
9:00 a.m.	LES MILLS BODYPUMP Erica	LES MILLS BODYPUMP Drea	LES MILLS BODYPUMP Joy	LES MILLS BODYPUMP Erica
10:15 a.m.	LES MILLS RPM Erica	LES MILLS RPM Nadean	LES MILLS RPM Cassa	LES MILLS RPM Erica
10:15 a.m.	LES MILLS BODYCOMBAT Paola	LES MILLS BODYCOMBAT Kayla	LES MILLS BODYCOMBAT Candi P	LES MILLS BODYCOMBAT Candi P
10:30 a.m.	Aqua Fit Jennifer/John B	Aqua Fit Jennifer	Aqua Fit Jennifer	Aqua Fit Jennifer
11:15 a.m.	LES MILLS CORE Joy	LES MILLS CORE Nadean	LES MILLS CORE Joy	LES MILLS CORE Andie
12:00 p.m.	YOGA Catherine	YOGA Daniel	YOGA Candi P	YOGA Daniel

FACILITY HOURS

Saturday:
8:00 a.m. - 4:00 p.m.
Sunday:
1:00 p.m. - 5:00 p.m.

CHILD WATCH

Saturday:
8:00 a.m. - 1:30 p.m.

SUNDAY - JOHN P. THAYER

	6-Nov	13-Nov	20-Nov	27-Nov
2:00 p.m.	LES MILLS BODYPUMP Cynthia	LES MILLS BODYPUMP Corey	LES MILLS BODYPUMP Jane	LES MILLS BODYPUMP Corey
3:00 p.m.	MDOHIFIT Leida	MDOHIFIT Leida	MDOHIFIT Stephanie	MDOHIFIT Shanna

SATURDAY - D.A. TURNER

Launch Dates	11/5/2022 Sprint/Sh'Bam/ Core	12-Nov	19-Nov	26-Nov
8:30 a.m. Room #2	LES MILLS BODYPUMP Candi P	LES MILLS BODYPUMP Jane	LES MILLS BODYPUMP Corey	LES MILLS BODYPUMP Annika
9:00 a.m. Room #1	LES MILLS sprint Rachel	LES MILLS sprint Cynthia	LES MILLS sprint Jane	LES MILLS sprint Nadean
9:45 a.m. Room #1	LES MILLS SH'BAM Candi P	MDOHIFIT Stephanie	LES MILLS SH'BAM Kayla	MDOHIFIT Shanna
10:45 a.m. Room #2	YOGA Ronni	YOGA Candi P	YOGA Ronni	YOGA Ronni

FACILITY HOURS

Saturday:
8:00 a.m. - 4:00 p.m.
Sunday:
1:00 p.m. - 5:00 p.m.

CHILD WATCH

Saturday:
8:00AM - 12:30 p.m.

SUNDAY - D.A. TURNER

	6-Nov	13-Nov	20-Nov	27-Nov
2:00 p.m.	LES MILLS RPM Andie	LES MILLS RPM Cassa	LES MILLS RPM Annika	LES MILLS RPM Cassa
3:00 p.m.	YOGA Candice M	YOGA Catherine	YOGA Ronni	YOGA Candice M