


WORKOUTS UNLIMITED

GROUP X CLASSES

NOVEMBER 2020

Class Descriptions are on the back side!

Check website www.workoutsunlimited.com for updates!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--------|--|---|--|--|---|--|--|
| | 2 8:30am- Spin-Amy 4:00pm- Spin- Kadi 5:30pm- Yoga- Kadi 7:00-High Fitness-Katie | 3 5:00am- Spin- Kadi 8:30am-Tabata- Kadi 9:15am-Yoga-Kadi | 4 5:30am- Unloaded- Kat 8:30am- Tabata- Amy 9:30am-SS Combo-Kadi 4:00pm- Spin- Kadi 5:30pm-Yoga-Kadi 7:00-High Fitness-Katie | 5 8:30am- Spin-Amy 4:00pm- Tatata- Kadi | 6 8:30am- Sculpt-Allison 9:15am-Stretch- Allison 10:00am-SS Combo-Kadi | 7 7:30am- Spin- Kadi 8:30am- Yoga- Kadi | |
| | 9 8:30am- Spin-Amy 4:00pm- Spin- Kadi 5:30pm- Yoga- Kadi 7:00-High Fitness-Katie | 10 5:00am- Spin- Kadi 8:30am-Tabata- Kadi 9:15am-Yoga-Kadi | 11 5:30am- Unloaded- Kat 8:30am- Tabata- Amy 9:30am-SS Combo-Kadi 4:00pm- Spin- Kadi 5:30pm-Yoga-Kadi 7:00- CANCELLED | 12 8:30am- Spin-Amy 4:00pm- Tatata- Kadi | 13 8:30am- Sculpt-Allison 9:15am-Stretch- Allison 10:00am-SS Combo-Kadi | 14 7:30am- Spin- Kadi 8:30am- Yoga- Kadi | |
| | 16 8:30am- Spin-Amy 4:00pm- Spin- Kadi 5:30pm- Yoga- Kadi 7:00-High Fitness-Katie | 17 5:00am- Spin- Kadi 8:30am-Tabata- Kadi 9:15am-Yoga-Kadi | 18 5:30am- Unloaded- Kat 8:30am- Tabata- Amy 9:30am-SS Combo-Kadi 4:00pm- Spin- Kadi 5:30pm-Yoga-Kadi 7:00-High Fitness-Katie | 19 8:30am- Spin-Amy 4:00pm- Tatata- Kadi | 20 8:30am- Sculpt- Allison 9:15am-Stretch- Allison 10:00am-SS Combo-Kadi | 21 7:30am- Spin- Kadi 8:30am- Yoga- Kadi | |
| | 23 8:30am- Spin-Amy 4:00pm- Spin- Kadi 5:30pm- Yoga- Kadi 7:00-High Fitness-Katie | 24 5:00am- Spin- Kadi 8:30am-Tabata- Kadi 9:15am-Yoga-Kadi | 25 5:30am- Unloaded- Kat 8:30am- Tabata- Amy 9:30am-SS Combo-Kadi Evening classes- CANCELLED | CLASSES CANCELLED 26TH-28TH | | | |
| | 30 8:30am- Spin-Amy 4:00pm- Spin- Kadi 5:30pm- Yoga- Kadi 7:00-High Fitness-Katie | |  | | | | |

HAPPY
thanksgiving