

Class Descriptions are on the back side!

Check website [www.workoutsunlimited.com](http://www.workoutsunlimited.com) for updates!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			8:30am TRX- <b>Isaiah</b> <b>9:30am Pilates-Tricia</b> 10:30am SS Combo- <b>Isaiah</b> 5:30pm-Yoga-Lis	5:00am-Sculpt-Kadi <b>Hamstrings/ triceps</b> 8:30am- Spin Fusion-Amy 10:00am-Yoga-Kadi 4:30pm- Sculpt- Isaiah 6:00pm-HIGH Fitness-Katie	5:00am-TRX- <b>Bethany</b> 8:30am-Sculpt-Allison 9:15am-Stretch-Allison 10:30am-SS Combo-Amy	5:30am- Spin-Kadi  8:30am- Yoga-Lis
	6	7	8	9	10	11
	8:30am-Spin-Amy <b>9:30am Core-Jaclyn/ Carly</b> 10:30am SS Combo-Amy 4:00pm Sculpt-Kadi <b>Shoulders/Inner</b> 5:30pm Yoga-Lis	5:00am- Spin-Kadi 8:30am-Sculpt -Amy 10:00am-Yoga-Kadi 5:30pm-Sculpt-Isaiah	8;30am TRX-Kadi <b>9;30am Pilates-Tricia</b> 10:30am SS Combo-Kadi <b>4:15pm-Spin-Amy</b> 5:30pm-Yoga-Lis	5:00am-Sculpt-Kadi <b>Quads/ Back</b> 8:30am- Spin Fusion-Amy 10:00am-Yoga-Kadi 4:30pm- Sculpt- Isaiah 6:00pm-HIGH Fitness-Katie	5:00am-TRX-Kadi 8:30am-Sculpt-Allison 9:15am-Stretch- Allison 10:30am-SS Combo-Amy	5:30am- Spin-Kadi  8:30am-Yoga-Lis
	13	14	15	16	17	18
	8:30am-Spin-Amy <b>9:30am Pilates Tricia</b> 10:30am SS Combo-Amy 4:00pm Sculpt-Kadi <b>Butts &amp; Guts</b> 5:30pm-Yoga-Kadi	5:00am- Spin-Kadi 8:30am-Sculpt-Amy 10:00am-Yoga- Kadi <b>5:30pm Sculpt-Amy</b>	8:30am TRX- <b>Isaiah</b> <b>9:30am Pilates-Tricia</b> 10:30am SS Combo- <b>Isaiah</b> <b>4:15pm-Spin-Amy</b> 5:30pm-Yoga-Lis	5:00am-Sculpt-Kadi- <b>Outter thighs/ chest</b> 8:30am- Spin Fusion-Amy 10:00am-Yoga-Kadi 4;30pm Sculpt-Isaiah 6:00pm-HIGH Fitness-Katie	5:00am-TRX-Kadi 8:30am-Sculpt-Allison 9:15am-Stretch-Allison 10:30am-SS Combo-Amy	5:30am- Spin-Kadi  8:30am-Yoga-Lis
	20	21	22	23	24	25
	8:30am- Spin-Amy <b>9:30am Pilates Tricia</b> 10:30am SS Combo-Amy 4:00pm-Sculpt-Kadi <b>Quads/ Back</b> 5:30pm-Yoga-Lis	5:00am- Spin-Kadi 8:30am-Sculpt-Amy 10:00am-Yoga- Kadi 5:30pm-Sculpt-Isaiah	8:30am- TRX-Kadi <b>9:30am Pilates-Tricia</b> 10:30am SS Combo-Kadi <b>No Evening Class</b>	<b>No Classes</b> <b>Happy Thanksgiving!</b>	<b>Turkey Burn!</b> 7:30am Tabata-Kadi 8:30am Spin-Kadi <b>Must Sign-Up</b>	<b>No Classes</b>
	27	28	29	30		
	8:30am- Spin-Amy <b>9:30am Pilates Tricia</b> 10:30am SS Combo-Amy 4:00pm-Sculpt-Kadi <b>hamstrings/ triceps</b> 5:30pm- Yoga- Lis	5:00am-Spin-Kadi 8:30am-Sculpt-Amy 10:00am-Yoga-Kadi 5:30pm Sculpt-Isaiah	8:30am-TRX-Kadi <b>9:30am Pilates-Tricia</b> 10:30am SS Combo-Kadi 5:30pm-Yoga-Lis	5:00am-Sculpt-Kadi <b>Hamstrings/ triceps</b> 8:30am- Spin Fusion-Amy 10:00am-Yoga-Kadi 4:30pm- Sculpt- Isaiah 6:00pm-HIGH Fitness-Katie		

