



NOVEMBER GROUP X CLASSES

Check website: www.workoutsunlimited.com for updates!

/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 	28	29	30	31	1 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:30AM-SS COMBO-AMY Silver Sneakers Halloween Party	2 8:30AM-YOGA-LIS
3	4 5:15AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI GLUTES/ SHOULDERS 5:30PM-YOGA-LIS	5 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH 6:30PM-HIGH FITNESS-KATIE	6 5:15AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI 5:30PM-YOGA-LIS	7 5:00AM-SCULPT-KADI TRI'S/INNER 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-BAILEY 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE	8 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:30AM-SS COMBO-AMY	9 8:30AM-YOGA-LIS
10	11 5:15AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI QUADS/ CORE 5:30PM-YOGA-LIS	12 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH 6:30PM-HIGH FITNESS-KATIE	13 5:15AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI 4:30PM-SPIN-AMY 5:30PM-YOGA-LIS	14 5:00AM-SCULPT-KADI OUTTER/CHEST 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-BAILEY 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE	15 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:30AM-SS COMBO-AMY	16 8:30AM-YOGA-LIS
17	18 5:15AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI INNER/ OUTER 5:30PM-YOGA-LIS	19 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH 6:30PM-HIGH FITNESS-KATIE	20 5:15AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI 4:30PM-SPIN-AMY 5:30PM-YOGA-LIS	21 5:00AM-SCULPT-KADI HAM'S /BI'S 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-BAILEY 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE	22 5:00AM-SPIN-SUB 8:30AM-SCULPT-AMANDA 10:30AM-SS COMBO-AMY	23 8:30AM-YOGA-LIS
24	25 5:15AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI CORE & UPPER 5:30PM-YOGA-LIS	26 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH 6:30PM-HIGH FITNESS-KATIE	27 5:15AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI NO EVENING CLASSES	28 TURKEY BURN 5:00AM-Kadi 	29 CLASSES RESUME MONDAY, DECEMBER 2ND	30

ALL CLASSES TIMES AND INSTRUCTORS ARE SUBJECT TO CHANGE OR CANCELLATION.