# NOVEMBER 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 1 | 2<br>**5:00AM WEIGHTS - KADI INNER/SHOULDER**<br>8:30AM SPIN-AMY<br>10:00AM SS COMBO-AMY<br>5:30PM YOGA LIS<br>6:45PM HIGH FITNESS-RACHELLE | 3<br>5:00AM SPIN-KADI<br>8:30AM SCULPT-AMY<br>10:00AM YOGA-KADI<br>5:00PM SCULPT-HEATHER<br>6:00PM PILATES-JO | 4<br>**8:30AM PILATES - SUB**<br>**10:00AM SS COMBO-AMANDA**<br>4:30PM-SCULPT -AMY<br>5:30PM-YOGA-LIS<br>6:45PM HIGH FITNESS-KATIE | 5<br>**5:00AM WEIGHTS - KADI BACK/HAMS**<br>8:30AM SPIN FUSION-AMY<br>**5:00PM-SCULPT- ISAIAH** | 6<br>5:00AM SPIN-KADI<br>8:30AM SCULPT-AMANDA<br>**9:15AM STRETCH - CANDICE**<br>**10:00AM SS COMBO-CANDICE** | 7<br>8:30AM YOGA-LIS |
| 8 | 9<br>**5:00AM WEIGHTS - KADI OUTTER/CHEST**<br>8:30AM SPIN-AMY<br>10:00AM SS COMBO-AMY<br>5:30PM YOGA LIS<br>6:45PM HIGH FITNESS-RACHELLE | 10<br>5:00AM SPIN-KADI<br>8:30AM SCULPT-AMY<br>10:00AM YOGA-KADI<br>5:00PM SCULPT-HEATHER<br>6:00PM PILATES-JO | 11<br>8:30AM PILATES - TARYN<br>10:00AM-SS COMBO-KADI<br>4:30PM SCULPT -AMY<br>5:30PM YOGA-LIS<br>6:45PM HIGH FITNESS-KATIE | 12<br>**5:00AM WEIGHTS - KADI QUADS/CORE**<br>8:30AM SPIN FUSION-AMY<br>5:00 SCULPT - HEATHER | 13<br>5:00AM SPIN-KADI<br>8:30AM SCULPT-AMANDA<br>**9:15AM STRETCH - CANDICE**<br>**10:00AM SS COMBO-CANDICE** | 14<br>8:30AM YOGA-LIS |
| 15 | 16<br>**5:00AM WEIGHTS - KADI BACK/HAMS**<br>8:30AM SPIN-AMY<br>10:00AM SS COMBO-AMY<br>5:30PM YOGA LIS<br>6:45PM HIGH FITNESS-RACHELLE | 17<br>5:00AM SPIN-KADI<br>8:30AM SCULPT-AMY<br>10:00AM YOGA-KADI<br>5:00PM SCULPT-HEATHER<br>6:00PM PILATES-JO | 18<br>8:30AM PILATES - TARYN<br>**10:00AM SS COMBO-AMANDA**<br>4:30PM SCULPT -AMY<br>5:30PM YOGA-LIS<br>6:45PM-HIGH FITNESS-KATIE | 19<br>**5:00AM WEIGHTS - KADI INNER/SHOULDERS**<br>8:30AM-SPIN FUSION-AMY<br>5:00 SCULPT - HEATHER | 20<br>**5:00AM SPIN-SUB**<br>8:30AM SCULPT-AMANDA<br>**9:15AM STRETCH - CANDICE**<br>**10:00AM SS COMBO-SUB** | 21<br>8:30AM YOGA-LIS |
| 22 | 23<br>**5:00AM WEIGHTS - KADI QUADS/ARMS**<br>8:30AM SPIN-AMY<br>10:00AM SS COMBO-AMY<br>5:30PM YOGA LIS<br>6:45PM HIGH FITNESS-RACHELLE | 24<br>5:00AM SPIN-KADI<br>8:30AM SCULPT-AMY<br>10:00AM YOGA-KADI<br>5:00PM SCULPT-HEATHER<br>6:00PM PILATES-JO | 25<br>8:30AM PILATES - TARYN<br>10:00AM SS COMBO-KADI<br>**6:45PM HIGH FITNESS-TURKEY BURN** 🔥 | 26<br><br><br>**NO CLASSES** | 27<br>**NO CLASSES** | 28<br>**NO CLASS** |
| 29 | 30<br>**5:00AM WEIGHTS - KADI CORE/GLUTES**<br>8:30AM SPIN-AMY<br>10:00AM SS COMBO-AMY<br>5:30PM YOGA LIS<br>6:45PM HIGH FITNESS-RACHELLE | | | | | |

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