

GAFFNEY GROUP FITNESS SCHEDULE



NOVEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1100-1200		1200-1300	1700-1730	1100-1200	0830-0930
BEGINNER'S YOGA ONLY ON 18TH		SLOW FLOW YOGA ON 11/6/24	H2O CLINIC (ALL LEVELS)	VINYASA FLOW ONLY ON 15TH, 22ND	SPIN ONLY 30TH 
ASHLEY S.		CARRIE	DEB	ASHLEY S.	KATIA
1300-1400	1700-1800	1300-1400	1700-1800	1300-1400	0845-0945
LADIES WHO LIFT	H2O CLINIC NO CLASS 5TH	LADIES WHO LIFT	ZUMBA	LADIES WHO LIFT	H2O HIIT
SYLVIA	DEB	SYLVIA	BRIDGET	SYLVIA	DEB
1600-1700	1700-1800	1600-1700	1730-1800	1700-1800	0900-1000
ALL LEVELS YOGA ONLY ON 4TH, 18TH	ZUMBA	VINYASA YOGA ON 11/20/24	H2O DRILLS	RESTORATIVE YOGA ONLY 1ST, 15TH, 22ND	HIGH FITNESS NO CLASS 16, 23
ASHLEY S.	BRIDGET	CARRIE	DEB	ASHLEY S.	ASHLEY J. & KATIE
NO CLASSES NOV 28-29TH	1730-1815	1700-1800	1730-1815		1000-1030
	SPIN ONLY 26TH 	HIGH LOW FITNESS NO CLASS 20TH	SPIN 		H2O BASICS
	KATIA	KATIE	HANS		DEB
1730-1815	1800-1900	1730-1815	1800-1900		1030-1130
SPIN NO CLASS 25TH 	H2O CLINIC NO CLASS 5TH	SPIN 	ZUMBA TONING		H2O DRILLS
ADELE	DEB	ADELE	BRIDGET		DEB
1800-1900	1800-1900	1800-1900	1800-1830	1800-1900	
ZUMBA	ZUMBA STEP	HIIT CARDIO & STRENGTH NO CLASS 27TH	H2O BASICS	ZUMBA NO CLASSES 22ND	
MICHELLE	MICHELLE	ERICA	DEB	MICHELLE	

NON-ID CARDHOLDERS ARE WELCOME TO TAKE OUR FITNESS CLASSES! CLASS FEES FOR ALL: DROP-IN: \$5. GROUP FITNESS PUNCH CARDS: 10 FOR \$40/20 FOR \$80. WE ACCEPT CASH, CARDS, & CHECKS. ALL SALES FINAL. CARDS GOOD FOR 3 MONTHS.