



# NOVEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<b>Gym Schedule</b> (unless otherwise noted) Mon-Thurs: 6am-8pm Friday: 6am-6pm Saturday: 8am-1pm Sunday: Closed *Add'l charge for X-Core	<b>sfx is Thankful for Our Members!</b>			6:00am X-Core Training*	8:30am PiYo-Nikki	8:30am X-Core Training*
				9:00am Tabata-Kara		9:00am R.I.P.P.E.D. - Kara
						10:15am Boxing B.C - Andie
				6:30pm X-Core Training*	6:00pm Body Chisel - Chad	
4	5	6	7	8	9	10
<b>If any group class is cancelled, you may attend X-Core that day for free!</b>	8:00am Body Chisel-Scottie	6:00am X-Core Training*	8:30am PiYo-Nikki	6:00am X-Core Training*	8:30am PiYo-Nikki	8:30am X-Core Training*
	9:30am Club Vibe-Jill	9:00am R.I.P.P.E.D. - Jill	9:30am X-Core Training*	9:00am Tabata-Kara		9:00am R.I.P.P.E.D. - Jill
	9:30am X-Core Training*					10:15am Boxing B.C - Andie
	5:30pm Muscle Mania-Mizelle	6:30pm X-Core Training*	6:30pm HIIT Boxing - Andie	6:30pm X-Core Training*	6:00pm Body Chisel - Chad	
	6:30pm X-Core Training*	7:00pm DanceJam - Lisa				
6:45pm Yoga Flow						
11	12	13	14	15	16	17
<b>PiYo is Now at 8:30 Wed &amp; Fri</b>	8:00am Body Chisel-Scottie	6:00am X-Core Training*	8:30am PiYo-Nikki	6:00am X-Core Training*	8:30am PiYo-Nikki	8:30am X-Core Training*
	9:30am Club Vibe-Jill	9:00am R.I.P.P.E.D. - Jill	9:30am X-Core Training*	9:00am Tabata-Kara		9:00am R.I.P.P.E.D. - Kara
	9:30am X-Core Training*					10:15am Boxing B.C - Andie
	5:30pm Muscle Mania-Mizelle	6:30pm X-Core Training*	6:30pm HIIT Boxing - Andie	6:30pm X-Core Training*	6:00pm Body Chisel - Chad	
	6:30pm X-Core Training*	7:00pm DanceJam - Lisa				
6:45pm Yoga Flow-Niki						
18	19	20	21	22	23	24
<b>NO FRIDAY BOOTCAMP Until Further Notice</b>	8:00am Body Chisel-Scottie	6:00am X-Core Training*	8:30am PiYo-Nikki		8:30am PiYo-Nikki	8:30am X-Core Training*
	9:30am Club Vibe-Jill	9:00am R.I.P.P.E.D.-Jill	9:30am X-Core Training*			9:00am R.I.P.P.E.D. - Jill
	9:30am X-Core Training*					10:15am Boxing B.C - Andie
	5:30pm Muscle Mania-Mizelle	6:30pm X-Core Training*	6:30pm HIIT Boxing - Andie			6:00pm Body Chisel - Chad
	6:30pm X-Core Training*	7:00pm DanceJam - Lisa				
6:45pm Yoga Flow-Niki						
25	26	27	28	29	30	
<b>** NEW CLASS ** Body Chisel - Chad Fridays @ 6 PM</b>	8:00am Body Chisel-Scottie	6:00am X-Core Training*	8:30am PiYo-Nikki	6:00am X-Core Training*	8:30am PiYo-Nikki	<b>IMPORTANT!!!</b> Please use your SFX App to check in to classes. If you need any help with the app, please see the Front Desk!!
	9:30am Club Vibe-Jill	9:00am R.I.P.P.E.D.-Jill	9:30am X-Core Training*	9:00am Tabata-Kara		
	9:30am X-Core Training**					
	5:30pm Muscle Mania-Mizelle	6:30pm X-Core Training*	6:30pm HIIT Boxing - Andie	6:30pm X-Core Training*	6:00pm Body Chisel - Chad	
	6:30pm X-Core Training*	7:00pm DanceJam - Lisa				
6:45pm Yoga Flow-Niki						