

Thanksgiving Schedule

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|-------------------------|-----------------|------------------------|----------|
| WEDNESDAY 11/22 | 6:00am-6:55am | Early Bird Burn | Tassie |
| | 6:00am-6:55am | Cycle | Maureen |
| | 8:00am-8:55am | Retro Cardio | Beth |
| | 9:05am-10:15am | Yoga II | Lisa |
| | 9:10am-10:05am | Posture Perfect | Beth |
| | 9:15am-10:10am | Cycle | Mindy |
| | 9:30am-10:20am | Treadmill Trekking | Tassie |
| Aqua | 10:00am-11:00am | Combo II/III | Maureen |
| | 12:30pm-1:20pm | Quickie Mat Pilates | Karen G. |
| THANKSGIVING DAY | CLOSED | | |
| FRIDAY 11/24 | 8:00am-8:55am | Cycle | Mindy |
| | 9:10am-10:05am | Chisel | Tassie |
| | 10:15am-11:10am | Posture Perfect | Beth |
| Aqua | 10:30am-11:30am | Aqua Combo | Jean |
| | 11:15am-12:10pm | Tai Chi - "Chen Style" | Florin |

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| Studio 1 |
| Cycle Studio |
| Studio 1 |
| Studio 2 |
| Studio 1 |
| Cycle Studio |
| Cardio Deck |
| Pool |
| Studio 1 |
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| Cycle Studio |
| Studio 1 |
| Studio 1 |
| Pool |
| Studio 1 |