






# BLACK FRIDAY, 11/24, PBORO

STUDIO 1	STUDIO 2	STUDIO 3	CYCLE STUDIO;SIGN UP FRONT DESK	AQUA
	8:30 - 9:30  Renee	8:30 - 9:30  Amanda	TOTAL BODY TONING; BARRE FORMAT	*** Indicates a class in the lap pool
9:30 - 10:30  Laurie D.	9:30 - 10:30  Lisa D.	9:30 - 10:30 <b>Hatha Yoga</b> Anjani		8:15 - 9:15 <b>Cardio Sculpt</b> Fran***
10:35 - 11:35  Lily	10:35 - 11:20 <b>Strength &amp; Def</b> Val	10:35 - 11:35 <b>Gentle Yoga</b> Raji		9:15 - 10:00 <b>Aqua Tone</b> Fran
	11:30 - 12:30 <b>Ballroom Dance</b> Del		12:00 - 1:00 <b>Cycle</b> Blair 😊	<b>DENOTES GENTLE CLASS</b> 😊
				5 MINUTE RULE -- PLEASE DO NOT ENTER THE STUDIO 5 MINUTES AFTER THE CLASS HAS STARTED. THIS IS FOR YOUR SAFETY. THANK YOU.
		<b>4:30-6:45 MARTIAL ARTS</b>		<b>Swim Team 6pm - 8pm ***</b>

**Sign-up for the Group Fitness email and receive Group Fitness updates! Please do not enter the studio 5 minutes after class is in session.**