

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Step 9:00	2 9:00 Moving w/Weights	3	4
5	6 9:00 Fab & Fit	7	8 Step 9:00	9 9:00 Stability Ball	10	11 Veterans Day
12	13 9:00 Fab & Fit	14	15 Step 9:00	16 9:00 Moving w/Weights	17	18
19	20 9:00 Fab & Fit	21	22 Step 9:00	23 NO CLASS Thanksgiving Day	24	25
26	27 9:00 Fab & Fit	28	29 Step 9:00	30 9:00 Moving w/Weights		

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 9:00 Fab & Fit	5	6 Step 9:00	7 9:00 Stability Ball	8	9
10	11 9:00 Fab & Fit	12	13 Step 9:00	14 9:00 Moving w/Weights	15	16
17	18 9:00 Fab & Fit	19	20 Step 9:00	21 9:00 Stability Ball	22	23
24	25 NO CLASS Christmas	26	27 Step 9:00	28 9:00 Moving w/Weights	29	30
31						