

COMPLETE

by COMPLETEBODY

Class Schedule November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM (45 Min) CBXT Kimberly	9:00M (45 Min) Vinyasa Yoga Robert	9:00 AM (45 Min) Body Conditioning Kimberly	9:00 AM (45 Min) Pilates Mat Abby		10:00 AM (45 Min) Vinyasa Yoga Liz	
		10:00 AM (45 Min) Lastics Stretch Donna		1:30 PM (45 Min) Strong Core John-Ivan	11:00 AM (45 Min) Boxing (boxing studio) Ricky	11:00 AM (45 Min) Pilates Mat Abby
5:30 PM (45 Min) Trampoline Jump Kimberly	5:30 PM (45 Min) Pilates Mat Jeanne	6:00 PM (45 Min) Vinyasa Yoga Robert	6:00 PM (45 Min) Booty Pump Yana		12:00 PM (45 Min) CBXT Kimberly	
6:30 PM (45 Min) CBXT (cross training) Jeanne	6:30 PM (45 Min) Zumba Shanice	6:30 PM (45 Min) Boxing (boxing studio) Ricky	6:45 PM (45 Min) Barbell Strength Yana			