




Classes: November 1-30, 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings Ends Change Your Clocks! 3:00-3:55 pm Staff Rotation *Gigi * CHOICE	2 12:15-12:45 pm Gigi CHOICE 4:30-5:25 pm Terrie INTERVAL 5:30-6:25 pm Steve STRENGTH 6:30-7:30 Melody ENDURANCE	3 12:15-12:45 pm Gigi INTERVAL 4:30-5:30 PM BOOT CAMP 5:30-6:25 pm Terrie ENDURANCE 6:30-7:30 Melody CHOICE	4 12:15-12:45 pm Melody AERO INTERVALS 4:30-5:25 pm Gigi AERO INTERVALS 5:30-6:25 pm Emily P. AERO INTERVALS 6:30-7:30 pm Melody AERO INTERVALS	5 6:30-7:25 am Steve CHOICE 4:30-6:00 PM BOOT CAMP 5:30-6:25 pm Terrie INTERVAL 6:30-7:30 pm Gigi CHOICE	6 12:15-12:45pm Gigi STRENGTH 4:30-5:25 pm Gabe STRENGTH	7
8 3:00-3:55 pm Staff Rotation *Melody * STRENGTH	9 12:15-12:45 pm Gigi ENDURANCE 4:30-5:25 pm Terrie CHOICE 5:30-6:25 pm Steve INTERVAL 6:30-7:30 Melody INTERVAL	10 6:30-7:25 am Terrie ENDURANCE 4:30-5:30 PM BOOT CAMP 5:30-6:25 pm Emily P. ENDURANCE 6:30-7:25 pm Melody CHOICE	11 12:15-12:45 pm Melody AERO INTERVALS 4:30-5:25 pm Gigi AERO INTERVALS 5:30-6:25 pm Emily P. AERO INTERVALS 6:30-7:30 pm Melody AERO INTERVALS	12 6:30-7:25 am Steve STRENGTH 4:30-6:00 PM BOOT CAMP 5:30-6:25 pm Terrie CHOICE 6:30-7:30 pm Melody INTERVAL	13 12:15-12:45pm Gigi INTERVAL 4:30-5:25 pm Gabe INTERVAL	14
15 3:00-3:55 pm Staff Rotation *Gabe* ENDURANCE	16 12:15-12:45 pm Gigi STRENGTH 4:30-5:25 pm Terrie ENDURANCE 5:30-6:25 pm Steve CHOICE 6:30-7:30 Melody STRENGTH	17 6:30-7:25 am Terrie STRENGTH 4:30-5:30 PM BOOT CAMP 5:30-6:25 pm Emily P. INTERVAL 6:30-7:25 pm Melody CHOICE	18 12:15-12:45 pm Melody AERO INTERVALS 4:30-5:25 pm Gigi AERO INTERVALS 5:30-6:25 pm Emily P. AERO INTERVALS 6:30-7:30 pm Melody AERO INTERVALS	19 6:30-7:25 am Steve ENDURANCE 4:30-6:00 PM BOOT CAMP 5:30-6:25 pm Terrie ENDURANCE 6:30-7:30 pm Gigi INTERVAL	20 12:15-12:45pm Gigi INTERVAL 4:30-5:25 pm Gabe CHOICE	21
22 3:00-3:55 pm Staff Rotation *Melody * INTERVAL	23 12:15-12:45 pm Gigi INTERVAL 4:30-5:25 pm Terrie STRENGTH 5:30-6:25 pm Steve ENDURANCE 6:30-7:30 Melody ENDURANCE	24 6:30-7:25 am Terrie CHOICE 4:30-5:30 PM BOOT CAMP 5:30-6:25 pm Emily P. STRENGTH 6:30-7:25 pm Melody ENDURANCE	25 12:15-12:45 pm Melody AERO INTERVALS 4:30-5:25 pm Gigi AERO INTERVALS 5:30-6:25 pm Emily P. AERO INTERVALS 6:30-7:30 pm Melody AERO INTERVALS	26 THANKSGIVING DAY 	27 NO CLASSES	28 NO CLASSES
29 NO CLASSES	30 12:15-12:45 pm Gigi CHOICE 4:30-5:25 pm Terrie INTERVAL 5:30-6:25 pm Steve CHOICE 6:30-7:30 Melody STRENGTH					