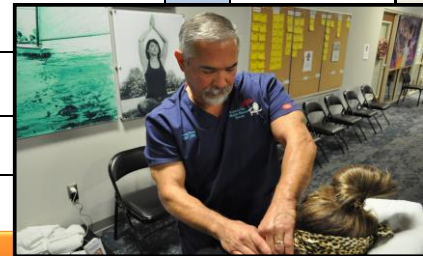


NOVEMBER 2024

Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	8:00a	Saturday
5:15a	<small>GROUP</small> POWER ISABEL		<small>GROUP</small> POWER ISABEL				<small>GROUP</small> POWER
5:30a		<small>GROUP</small> BLAST SAVANNAH		<small>GROUP</small> BLAST SAVANNAH	<small>GROUP</small> CENTERGY SHANNON		02 - Isabel 09 - Isabel 16 - Isabel 23 - Isabel 30 - no class
8:00a	<small>GROUP</small> BLAST TRACY	<small>GROUP</small> POWER TRACY	<small>GROUP</small> fight TRACY	<small>GROUP</small> POWER TRACY	<small>GROUP</small> STEP KATRINA		
9:00a		<small>GROUP</small> CENTERGY TRACY		<small>GROUP</small> CENTERGY TRACY			
9:15a	ACTIVE & FIT KATRINA		ACTIVE & FIT KATRINA		Pilates/Barre ISABEL		
10:15a	ACTIVE & FIT ISABEL	Tai Chi beginner HENRY	ACTIVE & FIT ISABEL	Tai Chi beginner HENRY	Yoga Fit ISABEL		
10:45a		Tai Chi advanced HENRY		Tai Chi advanced HENRY			
4:30p	<small>GROUP</small> POWER KATRINA	<small>GROUP</small> CENTERGY ISABEL	Pilates/Barre ISABEL	<small>GROUP</small> CENTERGY ISABEL			
5:30p	<small>GROUP</small> SHINE DANCE FITNESS KATRINA	<small>GROUP</small> POWER ISABEL					



Spin Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:15a		<small>GROUP</small> SPINNING SHANNON		<small>GROUP</small> SPINNING SHANNON			
5:00p	<small>GROUP</small> SPINNING ISABEL						
5:30p			<small>GROUP</small> SPINNING SHANNON				

Class Descriptions:

9:00a GROUP
SPINNING
02 - Isabel
09 - Isabel
16 - Isabel
23 - Isabel
30 - no class

Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	AT RISK OF BEING CUT
7:00a	AQUA FITNESS ISABEL		AQUA FITNESS ISABEL		AQUA FITNESS ISABEL	NEW CLASS!
8:15a			AQUA FITNESS KATRINA		AQUA FITNESS ISABEL	
11:30a	AQUA ARTHRITIS KATRINA		AQUA ARTHRITIS KATRINA		AQUA ARTHRITIS KATRINA	

Text
@hpland or
@hpaqua
to 81010
to be notified about
class changes.