

MULTIPLEX FITNESS CENTER

NOVEMBER CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 6:00pm Boot Camp	3	4
5 6:45 pm Yin Yoga	6	7 10:15am Mindful Yoga 6:00pm Boot Camp	8 6:40pm Organic Flow Yoga	9 6:00pm Boot Camp	10	11 CLOSED Remembrance Day
12	13	14 10:15am Mindful Yoga 6:00pm Boot Camp	15 6:40pm Organic Flow Yoga	16 6:00pm Boot Camp	17	18
19 6:45 pm Yin Yoga	20	21 10:15am Mindful Yoga 6:00pm Boot Camp	22 6:40pm Organic Flow Yoga	23 6:00pm Boot Camp	25	26
27	28	29 10:15am Mindful Yo- ga 6:00pm Boot Camp	30 6:40 pm Organic Flow Yoga			