

NOVEMBER 2017

Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4
INSTRUCTORS: Cathy Kumar Registered Yoga Teacher Yoga Alliance/ M.S. in Health & Wellness Promotion Tabby Horvath ACE Certified Group Fitness Instructor/ M.S. Human Wellness		Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby	TBC 9:30a-10:30a Instructor: Tabby	
6	7	8	9	10	11
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby Y12SR 5:30p-7:00p Instructor: Cathy	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby	TBC 9:30a-10:30a Instructor: Tabby	
13	14	15	16	17	18
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby Y12SR 5:30p-7:00p Instructor: Cathy	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby	TBC 9:30a-10:30a Instructor: Tabby	
20	21	22	23	24	25
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby Y12SR 5:30p-7:00p Instructor: Cathy	Total Body in Ten 9:30a-10:15a Instructor: Tabby	THANKSGIVING CLASSES CANCELLED!!	TBC CANCELLED!!	
27	28	29	30		
Kickboxing 9:30a-10:30a Instructor: Tabby YOGA CANCELLED!!!	Yoga 9:30a-10:30a Instructor: Tabby Y12SR CANCELLED!!!	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby		