

All classes, times, and instructors subject to change and/or cancellation.

NOVEMBER 2018 ROTATION SCHEDULE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 LES MILLS GRIT STRENGTH 7:20AM -Sam	2 LES MILLS GRIT CARDIO 5:15PM - Fin	3
4	5	6	7	8 LES MILLS GRIT CARDIO 7:20AM -Sam	9 LES MILLS GRIT PLYO 5:15PM - Fin	10
11	12	13	14	15 LES MILLS GRIT PLYO 7:20AM -Sam	16 LES MILLS GRIT STRENGTH 5:15PM - Fin	17
18	19	20	21	22 Holiday Schedule	23 LES MILLS GRIT CARDIO 5:15PM - Fin	24
25	26	27	28	29 LES MILLS GRIT STRENGTH 7:20AM -Sam	30 LES MILLS GRIT PLYO 5:15PM - Fin	