



NOVEMBER GROUP FITNESS SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><u>MORNING CLASSES:</u></p>	<p>HIIT 6:15-7:00am Beth OUTSIDE-TURF</p>	<p>Les Mills BodyPump 8:45-9:30am Trang INSIDE</p> <p>PIYO 9:45-10:45am Amy OUTSIDE</p>	<p>BOOTCAMP 6:15-7:00am Trang OUTSIDE-TURF</p> <p>SPIN 6:15-7:00am Sharon R. INSIDE</p> <p> 9:00-9:45am AQUA STEP Suzi REC POOL</p>	<p>SPIN 8:30-9:15am Jeanne INSIDE</p> <p>Les Mills BodyPump 8:45-9:30am Trang INSIDE</p> <p> 9:00-9:45am AQUA ZUMBA Steve REC POOL</p> <p style="color: red; text-align: center;">SPORTSPLEX CLOSED for THANKSGIVING</p>	<p style="color: red; text-align: center;">“Burn the Bird” Special Post-Thanksgiving Classes</p> <p>BOOTCAMP 8:15am-9:00am Trang INSIDE</p> <p>YOGA FLOW 9:15am-10:15am Trang INSIDE</p>	<p>INSANITY 7:00-7:45am Beth OUTSIDE</p> <p>TAI CHI 8:00-8:45am Nishith INSIDE-COURT</p> <p>Les Mills BodyPump 8:30-9:15 am Beth INSIDE</p> <p>SPIN 9:00-9:45am Steve INSIDE</p>	
<p><u>EVENING CLASSES:</u></p>	<p>INSANITY 5:00-5:45pm Beth OUTSIDE</p> <p>Les Mills BodyPump 6:00-6:45pm Beth INSIDE</p> <p>SPIN 6:00-6:45pm Laura INSIDE</p>	<p>KICKBOXING 5:00-5:45pm Shannon OUTSIDE</p> <p>ZUMBA 6:00-6:45pm Shannon OUTSIDE</p>	<p>YOGA 6:00-6:45pm Jeanne INSIDE</p>	<p>MUST PRE-REGISTER AT OC-SPORTSPLEX.COM</p> <p>OUTSIDE CLASSES WILL BE HELD IN THE PARKING LOT BETWEEN THE PASSMORE CENTER/ICE RINK AND THE POND. 6:15AM OUTSIDE CLASSES WILL BE ON THE TURF FIELD.</p> <p><u>ALL PARTICIPANTS MUST PRE-SCREEN AND CHECK-IN AT THE SPORTSPLEX FRONT ENTRANCE.</u></p> <p>FACE MASKS ARE REQUIRED BRING YOUR OWN WATER, TOWEL, & MAT!</p>			

SCHEDULE for Nov. 21st-30th



SPORTSPLEX HOLIDAY HOURS:

Wed 11/25: Closing at 8pm
Thurs 11/26: CLOSED
Fri 11/27: Opening at 7:30am

KidsCorner is OPEN!

<p>Tues/Thurs/Sat 8:30-9:30am 9:45-10:45am 11:00-12:00pm</p>	<p>Mon/Tues/Wed 5:00-6:15pm 6:30-7:30pm</p>
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Ages 1-10 only. Space is limited.