



# November 2017

## Saturday Class Instructor Schedule

	<b>Group Power</b>	<b>Cardio Sculpt</b>	<b>Pilates</b>	<b>Spinning</b>
<i>Class Times/Dates</i>	<i>7:00-8:00am (Gym)</i>	<i>8:15 – 9:15am (Bayview)</i>	<i>9:30-10:30am (Bayview)</i>	<i>8:15-9:15 am (Spin Room)</i>
<i>November 4</i>	Diana	Rebecca	Ruth	Stephanie
<i>November 11</i>	Diana	Veronica	Veronica	Jeanette
<i>November 18</i>	Diana	Rebecca	Angela	Colleen
<i>November 25</i>	Diana	Veronica	Veronica	Adrina