




# Adult Classes

# NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Cookin' with Brandon Upper Body Madness @ 5:30 AM	2 NO CLASSES
3 NO CLASSES	4 Cookin' with Brandon Lower Body Madness @ 5:30 AM Functional HIIT @ 6:00 PM	5 Functional Strength & Conditioning @ 5:30 AM <b>NEW</b> Tabata Strength and Conditioning @ 6:00 PM	6 Kettlebell Cardio @ 5:30 AM Kettlebell Cardio @ 6:00 PM	7 Functional Strength & Conditioning @ 5:30 AM <b>NEW</b> Functional Cross Strength Training @ 6:00 PM	8 Cookin' with Brandon Upper Body Madness @ 5:30 AM	9 NO CLASSES
10 NO CLASSES	11 Cookin' with Brandon Lower Body Madness @ 5:30 AM Functional HIIT @ 6:00 PM	12 Functional Strength & Conditioning @ 5:30 AM <b>NEW</b> Tabata Strength and Conditioning @ 6:00 PM	13 Kettlebell Cardio @ 5:30 AM Kettlebell Cardio @ 6:00 PM	14 Functional Strength & Conditioning @ 5:30 AM <b>NEW</b> Functional Cross Strength Training @ 6:00 PM	15 Cookin' with Brandon Upper Body Madness @ 5:30 AM	16 NO CLASSES
17 NO CLASSES	18 Cookin' with Brandon Lower Body Madness @ 5:30 AM Functional HIIT @ 6:00 PM	19 Functional Strength & Conditioning @ 5:30 AM <b>NEW</b> Tabata Strength and Conditioning @ 6:00 PM	20 Kettlebell Cardio @ 5:30 AM Kettlebell Cardio @ 6:00 PM	21 Functional Strength & Conditioning @ 5:30 AM <b>NEW</b> Functional Cross Strength Training @ 6:00 PM	22 Cookin' with Brandon Upper Body Madness @ 5:30 AM	23 NO CLASSES
24 NO CLASSES	25 Cookin' with Brandon Lower Body Madness @ 5:30 AM Functional HIIT @ 6:00 PM	26 Functional Strength & Conditioning @ 5:30 AM <b>NEW</b> Tabata Strength and Conditioning @ 6:00 PM	27 Thanksgiving Holiday <b>No Classes</b> GYM HOURS: 7:00 AM - 6:00 PM	28 Attention: Holiday <b>CLOSED FOR THANKSGIVING</b> 	29 Hours of Operation <b>No Classes</b> GYM HOURS: 7:00 AM - 6:00 PM	30 NO CLASSES

**Tuesday & Thursday  
Classes @ 6:00 PM are Back with  
Coach Cat Kelly.**

**Attention: We will have adjusted hours over the Thanksgiving Holiday. Thursday, November 27, 2024, and Friday, November 29, 2024, Hours of Operation will be: 7:00 AM – 6:00 PM. We will be closed Thanksgiving Day.**