

Tiger X Class Schedule- November 2009

Key: WR = Wood Room, RR = Rubber Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/2 Cardio Dance: 4-5 pm WR- Pearl Yoga: 5:30-6:45pm WR- Deanna Self Defense: 7-8pm WR- Robert Cycle Fit: 7-8:00pm RR- Grace Cardio Kick: 8-9pm WR- Robert	11/3 Cycle Fit: 7-7:45am RR- Angela Fit & Functional: 8-9am WR- Derrick Lunch Time Yoga: 12-1pm WR- Deanna Yoga: 5:30-7pm WR- Deanna Turbo Kickbox: 7-7:45pm WR- Alex Body Sculpt: 7:45-8:30pm WR- Alex	11/4 Lunchtime Yoga: 12:15-1pm WR- Deanna Zumba: 4:30-5:30pm WR- Connie Yoga: 5:30-6:45pm WR- Deanna Cycle: 7-8pm RR- Amy Get to the Core: 8-8:30 pm RR- Derrick	11/5 Cycle Fit: 7-7:45am RR- Angela Lunch Time Yoga: 12-1pm WR- Deanna Cardio Dance: 5-6pm WR- Pearl Cycle: 6-7pm RR- Amy Capoeira: 7-8pm- RR- Adam	11/6 Pilates: 7-7:45am WR- Angela Boot Camp: 1:30-2:30pm WR- Susanna Pilates: 4:30-5:30pm WR- Connie
11/9 Cardio Dance: 4-5 pm WR- Pearl Yoga: 5:30-6:45pm WR- Deanna Self Defense: 7-8pm WR- Robert Cycle Fit: 7-8:00pm RR- Grace Cardio Kick: 8-9pm WR- Robert	11/10 Cycle Fit: 7-7:45am RR- Angela Fit & Functional: 8-9am WR- Derrick Lunch Time Yoga: 12-1pm WR- Deanna Yoga: 5:30-7pm WR- Deanna Turbo Kickbox: 7-7:45pm WR- Alex Body Sculpt: 7:45-8:30pm WR- Alex	11/11 Lunchtime Yoga: 12:15-1pm WR- Deanna Zumba: 4:30-5:30pm WR- Connie Yoga: 5:30-6:45pm WR- Deanna Cycle: 7-8pm RR- Amy Get to the Core: 8-8:30 pm RR- Derrick	11/12 Cycle Fit: 7-7:45am RR- Angela Lunch Time Yoga: 12-1pm WR- Deanna Cardio Dance: 5-6pm WR- Pearl Cycle: 6-7pm RR- Amy	11/13 Pilates: 7-7:45am WR- Angela Boot Camp: 1:30-2:30pm WR- Susanna Hip Hop: 3-3:50pm WR- Shanta' Pilates: 4:30-5:30pm WR- Connie
11/16 Cardio Dance: 4-5 pm WR- Pearl Yoga: 5:30-6:45pm WR- Deanna Self Defense: 7-8pm WR- Robert Cycle Fit: 7-8:00pm RR- Grace Cardio Kick: 8-9pm WR- Robert	11/17 Cycle Fit: 7-7:45am RR- Angela Fit & Functional: 8-9am WR- Derrick Lunch Time Yoga: 12-1pm WR- Deanna Yoga: 5:30-7pm WR- Deanna Turbo Kickbox: 7-7:45pm WR- Alex Body Sculpt: 7:45-8:30pm WR- Alex	11/18 Lunchtime Yoga: 12:15-1pm WR- Deanna Zumba: 4:30-5:30pm WR- Connie Yoga: 5:30-6:45pm WR- Deanna Cycle: 7-8pm RR- Amy Get to the Core: 8-8:30 pm RR- Derrick	11/19 Cycle Fit: 7-7:45am RR- Angela Lunch Time Yoga: 12-1pm WR- Deanna Cardio Dance: 5-6pm WR- Pearl Cycle: 6-7pm RR- Amy Capoeira 7-8:00pm Rubber Rm- Adam	11/20 Pilates: 7-7:45am WR- Angela Boot Camp: 1:30-2:30pm WR- Susanna Hip Hop: 3-3:50pm WR- Shanta' Pilates: 4:30-5:30pm WR- Connie
11/23 Cardio Dance: 4-5 pm WR- Pearl Self Defense: 7-8pm WR- Robert Cycle Fit: 7-8:00pm RR- Grace Cardio Kick: 8-9pm WR- Robert	11/24 Cycle Fit: 7-7:45am RR- Angela	11/25 No Classes Happy Thanksgiving!	11/26 No Classes Happy Thanksgiving!	11/27 No Classes Happy Thanksgiving!
11/30 Cardio Dance: 4-5 pm WR- Pearl Yoga: 5:30-6:45pm WR- Deanna Self Defense: 7-8pm WR- Robert Cycle Fit: 7-8:00pm RR- Grace Cardio Kick: 8-9pm WR- Robert				