

November 2020 Group Fitness Class Schedule



Telephone for Class Sign-ups: 435-647-5555 Fitness schedule is subject to change

	Sunday 1-Nov	Monday 2-Nov	Tuesday 3-Nov	Wednesday 4-Nov	Thursday 5-Nov	Friday 6-Nov	Saturday 7-Nov
Classes are limited in size due to social distancing guidelines. Please book online or telephone the Spa desk to reserve your spot.		8 Kick Boxing 9 TBC Jaada 10 Total Barre Jaada	6 Circuit Miranda 9 Circuit Jaada 10 Yoga Jaada 4 Yoga Meri	6 TBC Keri 8 TBC Miranda 9 Cycle Miranda 10 Mat Pilates Jaada	6 Circuit Karen 7:30 TBC Claire 9 Tabata Jaada 10 Yoga Jaada	6 Tabata Rhielle 8 TBC Jaada 9 Mat Pilates Jaada 10 Cardio Burst Jaada	7:30 Circuit Kyra 8:30 Circuit Kyra 9:30 Yoga Kyra
	Sunday 8-Nov	Monday 9-Nov	Tuesday 10-Nov	Wednesday 11-Nov	Thursday 12-Nov	Friday 13-Nov	Saturday 14-Nov
		8 TBC Jaada 9 Circuit Jaada 10 Mat Pilates	6 Circuit Miranda 9 Tabata Jaada 10 Total Barre Jaada 4 Body & Bands Meri (inside)	6 Tabata Keri 8 TBC Miranda 9 Circuit Miranda 10 Yoga Jaada	6 TBC Karen 7:30 Cycle Claire 9 TBC Jaada 10 Mat Pilates	6 Circuit Shan 8 Circuit Jaada 9 Total Barre Jaada 10 Cardio Burst Jaada	7:30 Circuit Melanie 8:30 Circuit Melanie 9:30 Stretch & Stability Melanie
	Sunday 15-Nov	Monday 16-Nov	Tuesday 17-Nov	Wednesday 18-Nov	Thursday 19-Nov	Friday 20-Nov	Saturday 21-Nov
		8 Cycle Jaada 9 TBC Jaada 10 Yoga Jaada	6 TBC Miranda 9 Kick Boxing Jaada 10 Mat Pilates 4 Yoga Meri	6 Circuit Keri 8 Body & Bands Miranda (inside) 9 TBC Miranda 10 Total Barre Jaada	6 Tabata Karen 7:30 TBC Claire 9 Circuit Jaada 10 Yoga Jaada	8 Cycle Shan 8 TBC Jaada 9 Mat Pilates Jaada 10 Cardio Burst Jaada	7:30 Circuit Abi 8:30 Circuit Abi 9:30 Stretch & Stability Abi
	Sunday 22-Nov	Monday 23-Nov	Tuesday 24-Nov	Wednesday 25-Nov	Thursday 26-Nov	Friday 27-Nov	Saturday 28-Nov
		8 TBC Jaada 9 Circuit Jaada 10 Total Barre Jaada	6 Tabata Miranda 9 TBC Jaada 10 Body & Bands Jaada (inside) 4 Yoga Meri	6 TBC Keri 8 TBC Miranda 9 Cycle Miranda 10 Mat Pilates Jaada	8 Circuit Jaada 9 Circuit Jaada	6 TBC Shan 8 Tabata Jaada 9 Total Barre Jaada 10 Cardio Burst Jaada	7:30 Circuit Melanie 8:30 Circuit Melanie 9:30 Stretch & Stability Melanie
	Sunday 29-Nov	Monday 30-Nov	Tuesday 1-Dec	Wednesday 2-Dec	Thursday 3-Dec	Friday 4-Dec	Saturday 5-Dec
		8 TBC Jaada 9 Kick Boxing Jaada 10 Mat Pilates	6 TBC Miranda 9 Circuit Jaada 10 Yoga Jaada 4 Body & Bands Meri (inside)	6 Tabata Keri 8 TBC Miranda 9 Circuit Miranda 10 Total Barre Jaada	6 TBC Karen 7:30 Cycle Claire 9 TBC Jaada 10 Yoga Jaada	6 Circuit Shan 8 TBC Jaada 9 Cardio Burst Jaada	7:30 Circuit Kyra 8:30 Circuit Kyra 9:30 Yoga Kyra

Please sign up by 5pm the day prior to attend the classes colored in blue. Class will not be held unless members have signed up the day prior.