



McAdoo Fitness Classes

NOVEMBER / 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 AFFT Classes Monday - Thursday 0530 & 1100	28 Key FIP Classes TURF	29	30	31	1 0900 Bootcamp - Anne 1000 Family Bootcamp - Anna	2 0900 Zumba - Michelle
3	4 0900 Bootcamp - Anne 1000 Family Bootcamp - Anna 1015 Teen Bootcamp - Anne 1700 Yoga - Donita 1800 Zumba - Michelle	5 1800 Zumba - Michelle	6 0900 Bootcamp - Anne 1000 Family Str & Tone - Anna 1700 Yoga - Donita 1800 Zumba - Michelle	7 1000 Family Bootcamp - Anna 1800 Zumba - Michelle	8 FAMILY DAY NO CLASSES	9 0900 Zumba - Michelle
10	11 VETERAN'S DAY NO CLASSES	12 1800 Zumba - Michelle	13 0900 Bootcamp - Anne 1000 Family Str & Tone - Anna 1700 Yoga - Donita 1800 Zumba - Michelle	14 1800 Zumba - Michelle	15 0900 Bootcamp - Anne 1000 Family Bootcamp - Anna	16 0900 Zumba - Michelle
17	18 0900 Bootcamp - Anne 1000 Family Bootcamp - Anna 1015 Teen Bootcamp - Anne 1700 Yoga - Donita 1800 Zumba - Michelle	19 1800 Zumba - Michelle	20 0900 Bootcamp - Anne 1000 Family Str & Tone - Anna 1700 Yoga - Donita 1800 Zumba - Michelle	21 1800 Zumba - Michelle	22 0900 Bootcamp - Anne 1000 Family Bootcamp - Anna 1800 Zumba - Michelle	23 0900 Zumba - Michelle
24	25 0900 Bootcamp - Anne 1000 Family Bootcamp - Anna 1015 Teen Bootcamp - Anne 1700 Yoga - Donita 1800 Zumba - Michelle	26 1800 Zumba - Michelle	27 0900 Bootcamp - Anne 1000 Family Str & Tone - Anna 1800 Zumba - Michelle	28 THANKSGIVING DAY NO CLASSES	29 FAMILY DAY NO CLASSES	30