

# FITNESS SCHEDULE ~ NOVEMBER 2019

| Sun   | Mon                                       | Tues                   | Wed                           | Thurs                           | Fri | Sat  |
|---|---|------------------------|-------------------------------|---------------------------------|-----|--|
|   |   |                        |                               |                                 | 1   | 2  |
| <b><i>Instructor - Xristina Kulhmann - 616.719.6961</i></b> |   |                        |                               |                                 |     | IHN WEEK<br><b>NO CLASS</b>  |
| 3   | 4   | 5                      | 6                             | 7                               | 8   | 9  |
|   | <b>10 - 11a</b><br>Functional<br>Movement | <b>11a-12n</b><br>YOGA | <b>9 - 10a</b><br>Tai Chi/S&B | <b>6:30 - 7:30p</b><br>YOGA     |     | <b>8:30 - 9:30a</b><br>Tai Chi/S&B<br><b>9:45 - 10:45a</b><br>YOGA |
| 10  | 11  | 12                     | 13                            | 14                              | 15  | 16   |
|   | <b>10 - 11a</b><br>Functional<br>Movement | <b>11a-12n</b><br>YOGA | <b>9 - 10a</b><br>Tai Chi/S&B | <b>6:30 - 7:30p</b><br>YOGA     |     | <b>8:30 - 9:30a</b><br>Tai Chi/S&B<br><b>9:45 - 10:45a</b><br>YOGA |
| 17  | 18  | 19                     | 20                            | 21                              | 22  | 23   |
|   | <b>10 - 11a</b><br>Functional<br>Movement | <b>11a-12n</b><br>YOGA | <b>9 - 10a</b><br>Tai Chi/S&B | <b>6:30 - 7:30p</b><br>YOGA     |     | <b>8:30 - 9:30a</b><br>Tai Chi/S&B<br><b>9:45 - 10:45a</b><br>YOGA |
| 24  | 25  | 26                     | 27                            | 28                              | 29  | 30   |
|   | <b>10 - 11a</b><br>Functional<br>Movement | <b>11a-12n</b><br>YOGA | <b>9 - 10a</b><br>Tai Chi/S&B | THANKSGIVING<br><b>NO CLASS</b> |     | <b>8:30 - 9:30a</b><br>Tai Chi/S&B<br><b>9:45 - 10:45a</b><br>YOGA |