

November Land Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:30 am Cycling: Rachel Royer - Studio 2				5:30 am Ride and Run: Rachel Royer - Studio 2		
			6:15 am Tabata: Rachel Royer - Studio 1			
8:30 am Cycle/Step: Tosha Cyr - Studio 2	8:30 am Tai Chi: Sheila Butler - Studio 1 8:30 am Overdrive: Margie Karls - Gymnasium	8:30 am Kickboxing: Jordan Dyer - Studio 2	8:30 am Overdrive: Jordan Dyer - Gymnasium 8:30 am Tai Chi: Sheila Butler - Studio 1	8:30 am Step: Jordan Dyer - Studio 1	8:30 am Cycling: Tosha Cyr - Studio 2	
	9:30 am Beginner Step: Judy Herron - Studio 2	9:30 am Body Sculpt: Jordan Dyer - Studio 2	9:30 am Beginner Step: Judy Herron - Studio 2	9:30 am Lift Barre: Margie Karls - Studio 1	9:30 am M.E.L.T: Tosha Cyr - Studio 1	
10:45 am Zumba: Shon McCormick - Studio 1				10:30 am Beginner Kickboxing: Judy Herron - Studio 1	10:30 am Zumba: Toni Cathey - Studio 1	
					11:30 am Step: Keith Davis - Studio 1	
12:15 pm Body Sculpt: Tosha Cyr - Studio 1		12:15 pm Cycling: Jordan Dyer - Studio 1	12:15 pm M.E.L.T: Jordan Dyer - Studio 1	12:15 pm Tabata: Tosha Cyr - Gymnasium		
						2:00 pm Strong by Zumba: Shon McCormick - Studio 1
4:00 pm Ab Attack: Jordan Dyer - Studio 1 4:30 pm Kickboxing: Jordan Dyer - Studio 1	4:00 pm Ab Attack: Jordan Dyer - Studio 1 4:30 pm M.E.L.T: Jordan Dyer - Studio 1		4:00 pm Ab Attack: Tosha Cyr - Studio 1 4:30 pm Body Sculpt: Tosha Cyr - Studio 1	4:30 pm Kickboxing: Keith Davis - Studio 1		
5:30 pm Lift Barre: Rachel Royer - Studio 1	5:00 pm Overdrive: Rachel Royer - Gymnasium 5:30 pm Cycling: Meg Hargett - Studio 2 5:30 pm Zumba Step: Shon McCormick - Studio 1	5:30 pm Express Cycle: Rachel Royer - Studio 2	5:00 pm Cycling: Meg Hargett - Studio 2 5:30 pm Overdrive: Tosha Cyr - Gymnasium 5:30 pm Step: Keith Davis - Studio 2	5:30 pm M.E.L.T: Margie Karls - Mind Body Studio		
6:30 pm Zumba: Toni Cathey - Studio 1		6:00 pm Warrior Sculpt: Margie Karls - Mind Body Studio 6:00 pm Ab Attack: Rachel Royer - Studio 2 6:30 pm Zumba: Toni Cathey - Studio 1	6:30 pm Zumba Step: Toni Cathey - Studio 1			
7:30 pm Ballroom Dancing: Jim Wiseman - Studio 1						
8:30 pm Ballroom Dancing: Jim Wiseman -						

