

november schedule

blessed to be able!

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Bootcamps live using Zoom!

Step 151 live using Facebook Live

november 2022

(ALL CLASSES ARE A COMBO OF
IN-PERSON AND VIRTUAL)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	2 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	3 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	4 10am// Bootcamp on the Rocks	5 8am// Bootcamp on the Rocks 9:15am// Step 151
6 9am// Bootcamp on the Rocks DAYLIGHT SAVINGS	7 10am// Bootcamp on the Rocks 11am// Step 151	8 9:30am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	9 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	10 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	11 10am// Bootcamp on the Rocks	12 8am// Bootcamp on the Rocks 9:15am// Step 151
13 9am// Bootcamp on the Rocks	14 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	15 9:30am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	16 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	17 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	18 10am// Bootcamp on the Rocks	19 8am// Bootcamp on the Rocks 9:15am// Step 151 SIP, SWAP & SHOP (2:00pm)
20 9am// Bootcamp on the Rocks	21 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	22 9:30am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	23 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	24 THANKSGIVING- BEAST BEFORE THE FEAST! 9am// Bootcamp on the Rocks 10am// Step 151	25 BURN THE BIRD! 9am// Bootcamp on the Rocks 10am// Step 151	26 8am// Bootcamp on the Rocks 9:15am// Step 151
27 9am// Bootcamp on the Rocks	28 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	29 9:30am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	30 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151			