

november schedule

blessed to be able!

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Bootcamps live using Zoom!

Step 151 live using Facebook Live

November 2023

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

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