

NOVEMBER 2017

Peak Fitness Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FB - Full Body UB - Upper Body LB - Lower Body</p>		<p><u>1</u> 5:10 am - Cross Training, LB (Lauri) 8:15 am - Strength (Pam) 11:45 am - Res. Yoga (Karen) 1:00 pm - Strength, UB (Jami)</p> <p>6:00 pm - Step (Abby) 7:30 pm - Jiu Jitsu (Johnny)</p>	<p><u>2</u> 8:15 am - Zumba (Casey) 1:00 pm - Strength, LB/Spin (Jami)</p> <p>6:00 pm - Strength (Abby) 7:30 pm - Jiu Jitsu (Johnny)</p>	<p><u>3</u> 8:15 am - Step (Pam)</p>
<p><u>6</u> 5:10 am - Cross Training, UB (Lauri) 8:15 am - Tabata (Pam) 11:45 am - Res. Yoga (Karen) 1:00 pm - Strength, FB (Jami)</p> <p>5:30 pm - Zumba (Casey) 7:30 pm - Jiu Jitsu (Johnny)</p>	<p><u>7</u> 5:10 am - Cross Tr, Cardio (Lauri) 8:15 am - Zumba (Casey) 1:00 pm - Cardio (Lauri)</p> <p>6:00 pm - Strength (Abby)</p>	<p><u>8</u> 5:10 am - Cross Training, LB (Lauri) 8:15 am - Strength (Pam) 11:45 am - Res. Yoga (Karen) 1:00 pm - Strength, UB (Jami)</p> <p>6:00 pm - Step (Abby) 7:30 pm - Jiu Jitsu (Johnny)</p>	<p><u>9</u> 8:15 am - Zumba (Casey) 1:00 pm - Strength LB/Spin (Jami)</p> <p>6:00 pm - Strength (Abby) 7:30 pm - Jiu Jitsu (Johnny)</p>	<p><u>10</u> 8:15 am - Step (Pam)</p>
<p><u>13</u> 5:10 am - Cross Training, UB (Lauri) 8:15 am - Tabata (Pam) 11:45 am - Res. Yoga (Karen) 1:00 pm - Strength, FB (Jami)</p> <p>5:30 pm - Zumba (Casey) 7:30 pm - Jiu Jitsu (Johnny)</p>	<p><u>14</u> 5:10 am - Cross Tr, Cardio (Lauri) 8:15 am - Zumba (Casey) 1:00 pm - Cardio (Lauri)</p> <p>6:00 pm - Strength (Abby)</p>	<p><u>15</u> 5:10 am - Cross Training (Lauri) 8:15 am - Strength (Pam) 11:45 am - Res. Yoga (Karen) 1:00 pm - Strength, UB (Jami)</p> <p>6:00 pm - Step (Abby) 7:30 pm - Jiu Jitsu (Johnny)</p>	<p><u>16</u> 8:15 am - Zumba (Casey) 1:00 pm - Strength LB/Spin (Jami)</p> <p>6:00 - Strength (Abby) 7:30 pm - Jiu Jitsu (Johnny)</p>	<p><u>17</u> 8:15 am - Step (Pam)</p>
<p><u>20</u> 5:10 am - Cross Training, UB (Lauri) 8:15 am - Tabata (Pam) 11:45 am - Res. Yoga (Karen) 1:00 pm - Strength, FB (Jami)</p> <p>5:30 pm - Zumba (Casey) 7:30 pm - Jiu Jitsu (Johnny)</p>	<p><u>21</u> 5:10 am - Cross Tr, Cardio (Lauri) 8:15 am - Zumba (Casey) 1:00 pm - Cardio (Lauri)</p> <p>6:00 pm - Strength (Abby)</p>	<p><u>22</u> 5:10 am - Cross Training, LB (Lauri) 8:15 am - Strength (Pam) 11:45 am - NO CLASS 1:00 pm - NO CLASS</p> <p>6:00 pm - Step (Abby) 7:30 pm - Jiu Jitsu (Johnny)</p>	<p><u>23</u> 8:15 am - NO CLASS 1:00 pm - NO CLASS</p> <p>6:00 pm - NO CLASS 7:30 pm - NO CLASS</p>	<p><u>24</u> 8:15 am - Step (Pam)</p>
<p><u>27</u> 5:10 am - Cross Training, UB (Lauri) 8:15 am - Tabata (Pam) 11:45 am - Res. Yoga (Karen) 1:00 pm - Strength, FB (Jami)</p> <p>5:30 pm - Zumba (Casey) 7:30 pm - Jiu Jitsu (Johnny)</p>	<p><u>28</u> 5:10 am - Cross Tr, Cardio (Lauri) 8:15 am - Zumba (Casey) 1:00 pm - Cardio (Lauri)</p> <p>6:00 pm - Strength (Abby)</p>	<p><u>29</u> 5:10 am - Cross Training, LB (Lauri) 8:15 am - Strength (Pam) 11:45 am - Res. Yoga (Karen) 1:00 pm - Strength, UB (Jami)</p> <p>6:00 pm - Step (Abby) 7:30 pm - Jiu Jitsu (Johnny)</p>	<p><u>30</u> 8:15 am - Zumba (Casey) 1:00 pm - Strength LB/Spin (Jami)</p> <p>6:00 pm - Strength (Abby) 7:30 pm - Jiu Jitsu (Johnny)</p>	