






November 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 FITT w/ Carbo	3 HIIT w/ Starr	4 Circuit w/ Ann	5 FTP w/ Rodriguez	6 HIIT Boot Camp w/ Ritsema
9 FITT w/ Carbo	10 HIIT w/ Starr		12 HIIT Boot Camp w/ Ritsema	13 HIIT Boot Camp w/ Ritsema
16 FITT w/ Carbo	17 HIIT w/ Starr	18 Circuit w/ Ann	19 Circuit w/ Ann	20 HIIT Boot Camp w/ Ritsema
23 FITT w/ Carbo	24 HIIT w/ Starr	25 Circuit w/ Ann		
30 FITT w/ Carbo	<p>ALL classes meet in the upstairs aerobic room, Warrior Fitness Center, Building 533 @ 0600</p>			