www.championsofgreenville.com

November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Follow us on Instagram! **Like us on Facebook!**						
8:00 AM Cycle - Mode' **1**	5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa **2**	5:45 AM Cycle - Lisa Ellis 8:30 AM Pilates - Susan 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chanel 7:00 PM Pilates - Peach **3**	8:30 AM HIIT Cycle - Sam 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 5:45 PM Barre TBC - Elizabeth **4**	9:30 AM Pilates -Susan 10:30 AM Muscle Pump - Peach 5:45 PM Yoga - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie **5**	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow -Peach **6**	9:00 AM Boxing Circuit - Amber 10:00 AM Zumba - Chanel 11:15 AM Yogaflow -Susan **7**
8:00 AM Cycle - Lori **8**	5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa **9**	5;45 AM Cycle - Lisa Ellis 8:30 AM Pilates - Peach 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chris 7:00 PM Pilates - Peach **10**	8:30 AM HIIT Cycle - Sam 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Elizabeth 5:45 PM Barre TBC - Elizabeth **11**	9:30 AM Pilates - Peach 10:30 AM MusclePump - Peach 5:45PM Yoga - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie **12**	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach **13**	9:00 AM Boxing Circuit - Amber 10:00 AM Zumba - Chris 11:15 AM Yogaflow - Camille **14**
8:00 AM Cycle - Mode' **15**	5:30 AM HIITCycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Russ 6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa **16**	5:45 AM Cycle - Lisa Ellis 8:30 AM Pilates - Peach 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chanel 7:00 PM Pilates - Peach **17**	8:30 AM HIIT Cycle - Sam 9:30 AM Step &Sculpt - Russ 11:00 AM Senior Strong - Elizabeth 5:45 PM Barre TBC - Elizabeth **18**	9:30 AM Pilates - Peach 10:30 AM MusclePump - Peach 5:45 PM Yoga - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie **19**	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach **20**	9:00 AM Amber Attack - Amber 10:00 AM Zumba - Chanel 11:15 AM Yogaflow - Peach **21**
8:00 AM Cycle - Mode' **22**	5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Russ 6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa **23**	5:45 AM Cycle - No class today! 8:30 AM Pilates - Peach 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chris 7:00 PM Pilates - Peach **24**	8:30 AM HIIT Cycle - Sam 9:30 AM Step&Sculpt - Russ 11:00 AM SeniorStrong - Elizabeth 5:45 PM Barre TBC - Elizabeth **25**	8:00 AM Turkey Burn Cycle - Mode' Happy Thankgving! **26**	5:45 AM Cycle - No class today! 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach **27**	9:00 AM Boxing Circuit - Amber 10:00 AM Zumba - Chris 11:15 AM Yogaflow - Peach **28**
8:00 AM Cycle - MoDe' **29**	5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Russ 6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa **30**					

Email pmeek@mymetronet.net with scheduling questions/ comments