

November

2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	10:15 Cardio Drumming	10:15 Cardio Drumming		10:15 Cardio Drumming		
9	10	11	12	13	14	15
	10:15 Cardio Drumming	10:15 Cardio Drumming		10:15 Cardio Drumming		
16	17	18	19	20	21	22
	10:15 Cardio Drumming	10:15 Cardio Drumming	10:15 Cardio Drumming	10:15 Cardio Drumming		
23	24	25	26	27	28	29
	10:15 Cardio Drumming	10:15 Cardio Drumming				
30						 Senior Fitness For our more delicate clientele