

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		No Classes - Nov 11				
	6:00am – 7:00am Full Body Bootcamp Glenda Field 1	6:00am – 7:00am ABT Sherry Studio	6:00am – 7:00am Full Body Bootcamp Glenda Field 1	6:00am – 7:00am Fusion Glenda Studio	7am – 8am Sat/Sun Drop-In Adult Soccer*	
r	8am – 10am Walk & Talk Track Social; No Instructor	8am – 10am Walk & Talk Track - Social No Instructor	8am – 10am Walk & Talk Track Social; No Instructor	8am – 10am Walk & Talk Track Social; No Instructor	8:00am – 9:00am Booty Bootcamp Glenda Studio	
					9am – 10am Drop-In Volleyball* Gym 3	
n*	10am – 12pm Drop-In Basketball* Gym 3	10am – 12pm Drop-In Badminton* Gym 3	10am – 12pm Drop-In Basketball* Gym 3	10am – 12pm Drop-In Badminton* Gym 3		
					3:30pm – 5pm Drop-In Badminton* Gym 3	
p	12:00pm – 12:30pm Spin Glenda Track	12:05 – 1:00pm Booty Bootcamp Glenda Field 1	12:00pm – 12:30pm Spin Glenda Track	12:05pm – 1:00pm Full Body Bootcamp Glenda Field 1		
	12:30pm – 1:00pm Super Circuit Glenda Circuit Room		12:30pm – 1:00pm Super Circuit Glenda Circuit Room			
	1pm – 2pm Drop-In Volleyball* Gym 3	1pm – 2pm Drop-In Soccer* Field 1	1pm – 2pm Drop-In Volleyball * Gym 3	1pm – 2pm Drop-In Soccer* Field 1	<p><i>Accept challenges, so that you may feel the exhilaration of victory.</i></p> <p>~George S. Patton~</p> <p>Join In! Find Your Fit @ the NSC!</p>	
	6:30pm – 7:25pm Beginner Step Anna Studio		4:45pm – 5:55pm Nia Kathleen Studio			
	7:30pm – 8:25pm Step Pump Anna Studio		7:00pm – 7:55pm Advanced Step Anna Studio	7pm – 10pm Family Drop-In Volleyball, Basketball, Badminton		
	8:30pm – 9:25pm Fusion					
					9pm -10pm Sat/Sun	