November GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
6:30 - 7:15	6:15 - 7:15	6:30 - 7:15	6:30 - 7:15	6:30 - 7:15
Functional Strength Training	6:15 -6:45 Cross - Training 6:45 - 7:15 Vinyasa Yoga	Mixed Cardio	Core & Restore	Power Hour
11:30 - 12:15	11:30 - 12:15	11:30 - 12:15	11:30 - 12:15	11:30 - 12:15
Vinyasa Yoga	Functional Strength Training	Hatha Yoga & Virtual	Tone & Balance	Hatha Yoga
	12:30 - 1:00	12:30 - 1:00	12:30 - 1:00	
	Virtual & In Person Core & More	Coaches Choice	Bands & Blast	
	5:00 - 5:30	5:00 - 5:30	5:00 - 5:30	
	Fitness on Demand Cycle Class	Fitness on Demand Strength & Cardio	Fitness on Demand Cycle class	

CAPELLA TOWER HEALTH CLUB