



# Hazleton YWCA Group Exercise Schedule NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Boot Camp class Wednesday &amp; Thursday will be held in the downstairs fitness room</i></p>				<p>1 9:40 Cycle <b>PILOXING</b> 10:15am 5:15 Insanity <b>LES MILLS BODYPUMP</b> 6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>2 <b>LES MILLS BODYCOMBAT</b> 9:00am <b>PILOXING BARE</b> 10:15am 7:00 Boot Camp</p>	<p>3 8:30 Cycle 9:20 Total Body Conditioning <b>LES MILLS BODYPUMP</b> 10:15am</p>
4	<p>5 9:40 Cycle <b>LES MILLS BODYPUMP</b> 10:15am <b>PILOXING</b> 5:00pm 6:00 Tabata 8:00 Boot Camp</p>	<p>6 9:40 Cycle 10:15 Latin Fitness Dance <b>LES MILLS BODYCOMBAT</b> 5:30pm <b>LES MILLS BODYPUMP</b> 6:30pm</p>	<p>7 9:40 Cycle <b>LES MILLS BODYPUMP</b> 10:15am <b>PILOXING BARE</b> 5:00pm 6:00 RetroRobics <b>ZUMBA</b> 7:00pm 7:00 Boot Camp</p>	<p>8 9:40 Cycle <b>PILOXING</b> 10:15am 5:15 Insanity <b>LES MILLS BODYPUMP</b> 6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>9 <b>LES MILLS BODYCOMBAT</b> 9:00am <b>PILOXING BARE</b> 10:15am 7:00 Boot Camp</p>	<p>10 8:30 Cycle 9:20 Total Body Conditioning <b>LES MILLS BODYPUMP</b> 10:15am</p>
11	<p>12 9:40 Cycle <b>LES MILLS BODYPUMP</b> 10:15am <b>PILOXING</b> 5:00pm 6:00 Strong By Zumba 8:00 Boot Camp</p>	<p>13 9:40 Cycle 10:15 Latin Fitness Dance <b>LES MILLS BODYCOMBAT</b> 5:30pm <b>LES MILLS BODYPUMP</b> 6:30pm</p>	<p>14 9:40 Cycle <b>LES MILLS BODYPUMP</b> 10:15am <b>PILOXING BARE</b> 5:00pm 6:00 RetroRobics <b>ZUMBA</b> 7:00pm 7:00 Boot Camp</p>	<p>15 9:40 Cycle <b>PILOXING</b> 10:15am 5:15 Insanity <b>LES MILLS BODYPUMP</b> 6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>16 <b>LES MILLS BODYCOMBAT</b> 9:00am <b>PILOXING BARE</b> 10:15am 7:00 Boot Camp</p>	<p>17 8:30 Cycle 9:20 Total Body Conditioning <b>LES MILLS BODYPUMP</b> 10:15am</p>
18	<p>19 9:40 Cycle <b>LES MILLS BODYPUMP</b> 10:15am <b>PILOXING</b> 5:00pm 6:00 PIYO 8:00 Boot Camp</p>	<p>20 9:40 Cycle 10:15 Latin Fitness Dance <b>LES MILLS BODYCOMBAT</b> 5:30pm <b>LES MILLS BODYPUMP</b> 6:30pm</p>	<p>21 9:40 Cycle <b>LES MILLS BODYPUMP</b> 10:15am <b>PILOXING BARE</b> 5:00pm 6:00 RetroRobics <b>ZUMBA</b> 7:00pm 7:00 Boot Camp</p>	<p>22   </p>	<p>23 Cancelled 9:00am Cancelled 10:15am 7:00 Boot Camp</p>	<p>24 8:30 Cycle 9:20 Total Body Conditioning <b>LES MILLS BODYPUMP</b> 10:15am</p>
25	<p>26 9:40 Cycle <b>LES MILLS BODYPUMP</b> 10:15am <b>PILOXING</b> 5:00pm 5:00 R.I.P.P.E.D 8:00 Boot Camp</p>	<p>27 9:40 Cycle 10:15 Latin Fitness Dance <b>LES MILLS BODYCOMBAT</b> 5:30pm <b>LES MILLS BODYPUMP</b> 6:30pm</p>	<p>28 9:40 Cycle <b>LES MILLS BODYPUMP</b> 10:15am <b>PILOXING BARE</b> 5:00pm 6:00 RetroRobics <b>ZUMBA</b> 7:00pm 7:00 Boot Camp</p>	<p>29 9:40 Cycle <b>PILOXING</b> 10:15am 5:15 Insanity <b>LES MILLS BODYPUMP</b> 6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>30 <b>LES MILLS BODYCOMBAT</b> 9:00am <b>PILOXING BARE</b> 10:15am 7:00 Boot Camp</p>	