

# Patch Fitness Center



November 2024

## Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Classes subject to instructor availability</b></p> <p>Group Fitness Classes \$5/class or \$45 for 10 coupons *Special pricing applies</p>				1	2
<p>4</p> <p><del>0545 SpinScience w/ JP</del> 0900 Tough Love Pilates w/ Naomi 1015 Zumba w/ Amy</p>	<p>5</p> <p>0900 Muscle Pump w/ Amy 1015 Zumba w/ Wilfa 1215 Yoga for Flexibility &amp; Posture w/ Yayoi 1700 Zumba w/ Wilfa</p>	<p>6</p> <p><del>0545 SpinScience w/ JP</del> 0900 Pilates Fusion w/ Naomi 1015 Zumba w/ Wilfa 1200 Sweat &amp; Shred w/ Anais</p>	<p>7</p> <p><del>0545 SpinScience w/ JP</del> 0830 PowerPlay w/ Anais <del>0900 Kickboxing* w/ Erica</del> 1015 Zumba w/ Wilfa 1700 Zumba w/ Wilfa</p>	<p>8</p> <p><del>0900 Barre Fusion w/ Naomi</del> <del>1015 Zumba w/ Anais</del></p>	<p>9</p> <p>0900 Yoga for Rest &amp; Recovery w/ Robin 1015 Zumba w/ Yvonne</p>
<p>11</p> <p><b>Federal Holiday No Classes</b></p>	<p>12</p> <p>0900 Muscle Pump w/ Amy 1015 Zumba w/ Wilfa 1215 Yoga for Flexibility &amp; Posture w/ Yayoi 1700 Zumba w/ Wilfa</p>	<p>13</p> <p><del>0545 SpinScience w/ JP</del> 0900 Pilates Fusion w/ Naomi 1015 Zumba w/ Wilfa 1200 Sweat &amp; Shred w/ Anais</p>	<p>14</p> <p><del>0545 SpinScience w/ JP</del> 0830 PowerPlay w/ Anais <del>0900 Kickboxing* w/ Erica</del> 1015 Zumba w/ Wilfa 1700 Zumba w/ Wilfa</p>	<p>15</p> <p>0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais</p>	<p>16</p> <p>0900 Yoga for Rest &amp; Recovery w/ Robin 1015 Friendsgiving Zumba w/ Anais, Yvonne &amp; Amy</p>
<p>18</p> <p><del>0545 SpinScience w/ JP</del> 0900 Tough Love Pilates w/ Naomi 1015 Zumba w/ Amy</p>	<p>19</p> <p>0900 Muscle Pump w/ Amy 1015 Zumba w/ Wilfa 1215 Yoga for Flexibility &amp; Posture w/ Yayoi 1700 Zumba w/ Wilfa</p>	<p>20</p> <p><del>0545 SpinScience w/ JP</del> 0900 Pilates Fusion w/ Naomi 1015 Zumba w/ Wilfa 1200 Sweat &amp; Shred w/ Anais</p>	<p>21</p> <p><del>0545 SpinScience w/ JP</del> 0830 PowerPlay w/ Anais <del>0900 Kickboxing* w/ Erica</del> 1015 Zumba w/ Wilfa 1700 Zumba w/ Wilfa</p>	<p>22</p> <p>0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais</p>	<p>23</p> <p>0900 Yoga for Rest &amp; Recovery w/ Robin 1015 Zumba w/ Yvonne</p>
<p>25</p> <p><del>0545 SpinScience w/ JP</del> 0900 Tough Love Pilates w/ Naomi 1015 Zumba w/ Amy</p>	<p>26</p> <p>0900 Muscle Pump w/ Amy 1015 Zumba w/ Wilfa 1215 Yoga for Flexibility &amp; Posture w/ Yayoi 1700 Zumba w/ Wilfa</p>	<p>27</p> <p><del>0545 SpinScience w/ JP</del> 0900 Pilates Fusion w/ Naomi 1015 Zumba w/ Wilfa <del>1200 Sweat &amp; Shred w/ Anais</del></p>	<p>28</p> <p><b>Federal Holiday No Classes</b></p>	<p>29</p> <p><del>0900 Barre Fusion w/ Naomi</del> <del>1015 Zumba w/ Anais</del></p>	<p>30</p> <p><del>0900 Yoga for Rest &amp; Recovery w/ Robin</del> 1015 Zumba w/ Yvonne</p>