

Kelley Fitness Center



November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Fitness Classes \$6/class or \$54 for 10 coupons					1
3 1145 Lunchtime Zen w/ Bobbi	4 0800 Dynamic Vinyasa w/ Katie 1130 Fit & Fast in 45 w/ Tasneem 1815 Restorative Yoga w/ Katie	5 1130 Vinyasa Yoga w/ Robin 1700 Zumba w/ Yvonne	6 1130 Fit & Fast in 45 w/ Tasneem 1700 Krav Maga w/ Josh	7 1130 Fit & Fast in 45 w/ Tasneem	8
10 1145 Lunchtime Zen w/ Bobbi	11 Federal Holiday No Classes	12 1130 Vinyasa Yoga w/ Robin 1700 Zumba w/ Yvonne	13 1130 Fit & Fast in 45 w/ Tasneem 1700 Krav Maga w/ Josh	14 1130 Fit & Fast in 45 w/ Tasneem	15
17 1145 Lunchtime Zen w/ Bobbi	18 0800 Dynamic Vinyasa w/ Katie 1130 Fit & Fast in 45 w/ Tasneem 1815 Restorative Yoga w/ Katie	19 1130 Vinyasa Yoga w/ Robin 1700 Zumba w/ Yvonne	20 1130 Fit & Fast in 45 w/ Tasneem 1700 Krav Maga w/ Josh	21 1130 Fit & Fast in 45 w/ Tasneem	22
24 1145 Lunchtime Zen w/ Bobbi	25 0800 Dynamic Vinyasa w/ Katie 1130 Fit & Fast in 45 w/ Tasneem 1815 Restorative Yoga w/ Katie	26 1130 Vinyasa Yoga w/ Robin 1700 Zumba w/ Yvonne	27 Federal Holiday No Classes	28 1130 Fit & Fast in 45 w/ Tasneem	29

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