

# The Answer Fitness Classes

# November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 BOOM Muscle 8:50-9:20 BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM  Cardio Dance Mix 5:30-6:30 PM	2 Yoga Flow 8:00-9:00AM  Kids Dance Classes 4 – 6:15 PM Call instructor for info. 563-503-0005	3 BOOM Muscle 8:50-9:20 BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM  TOPS 6pm	4	5
6	7 Yoga Flow 8:00-9:00AM  TOPS 10am	8 BOOM Muscle 8:50-9:20 BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM  Cardio Dance Mix 5:30-6:30 PM	9 Yoga Flow 8:00-9:00AM  Kids Dance Classes 4 – 6:15 PM Call instructor for info. 563-503-0005	10 BOOM Muscle 8:50-9:20 BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM  TOPS 6pm	11	12
13	14 Yoga Flow 8:00-9:00AM  TOPS 10am	15 BOOM Muscle 8:50-9:20 BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM  Cardio Dance Mix 5:30-6:30 PM	16 Yoga Flow 8:00-9:00AM  Kids Dance Classes 4 – 6:15 PM Call instructor for info. 563-503-0005	17 BOOM Muscle 8:50-9:20 BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM  TOPS 6pm	18	19
20	21 Yoga Flow 8:00-9:00AM  TOPS 10am	22 BOOM Muscle 8:50-9:20 BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM  Cardio Dance Mix 5:30-6:30 PM	23 No Yoga Class today  Kids Dance Classes today	24 	25 <b>Savanna                      Christmas                      Walk                      5 – 8 PM                      Stop in to see                      us!</b>	26
27	28 Yoga Flow 8:00-9:00AM  TOPS 10am	29 BOOM Muscle 8:50-9:20 BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM  Cardio Dance Mix 5:30-6:30 PM	30 Yoga Flow 8:00-9:00AM  Kids Dance Classes 4 – 6:15 PM Call instructor for info. 563-503-0005			

