

NOVEMBER

2020

Reservations are required. Limited to 6 people/class. Please contact the Wyndhurst Club Desk for more information on how to reserve.

All fitness classes are held in the Fitness Studio of the Wyndhurst Club building.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow	NO CLASSES TODAY	8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow	NO CLASSES TODAY	8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow	8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow	8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow
8	9	10	11	12	13	14
8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow	NO CLASSES TODAY	8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow	NO CLASSES TODAY	8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow	8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow	8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow
15	16	17	18	19	20	21
8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow	NO CLASSES TODAY	8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow	NO CLASSES TODAY	8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow	8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow	8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow
22	23	24	25	26	27	28
8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow	NO CLASSES TODAY	8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow	NO CLASSES TODAY	NO CLASSES TODAY	8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow	8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow
29	30					
8:00 AM: Pilates Fusion 5:00 PM: Yoga Flow	NO CLASSES TODAY					