

20th Avenue Training Studio Schedule

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 (ID#22) 5:15a-6:15a Group Cycling (ID#22) 9a-10a BodyPump (ID#22) 10:30a-11:15a ForeverWell Cycling (ID#22) 5:30p-6:30p BodyPump	2 (ID#22) 5:15a-6:15a Group Cycling (ID#22) 8a-9a Group Cycling (ID#22) 9:30a-10:45a Rock Steady Boxing (ID#22) 5:30p-6:30p BodyPump	3 (ID#22) 5:15a-6:15a H.I.I.T. (ID#22) 9a-10a BodyPump (ID#22) 5:30p-6:30p BodyPump	4 (ID#22) 8a-9a BodyPump
5 (ID#22) 8a-9a BodyPump	6 (ID#22) 5:15a-6a H.I.I.T. (ID#22) 9a-10a BodyPump (ID#22) 10:30a-11:15a ForeverWell Cycling (ID#22) 5:30p-6:30p BodyPump	7 (ID#22) 5:15a-6:15a Group Cycling (ID#22) 8a-9a Group Cycling (ID#22) 9:30a-10:45a Rock Steady Boxing (ID#22) 5:45p-6:45p Defend Together	8 (ID#22) 5:15a-6:15a Group Cycling (ID#22) 9a-10a BodyPump (ID#22) 10:30a-11:15a ForeverWell Cycling (ID#22) 1p-2:15p Brighter Days Support Group (ID#22) 5:30p-6:30p BodyPump	9 (ID#22) 5:15a-6:15a Group Cycling (ID#22) 8a-9a Group Cycling (ID#22) 9:30a-10:45a Rock Steady Boxing (ID#22) 5:30p-6:30p BodyPump	10 (ID#22) 5:15a-6:15a H.I.I.T. (ID#22) 9a-10a BodyPump (ID#22) 5:30p-6:30p BodyPump	11 (ID#22) 8a-9a BodyPump
12 (ID#22) 8a-9a BodyPump	13 (ID#22) 5:15a-6a H.I.I.T. (ID#22) 9a-10a BodyPump (ID#22) 10:30a-11:15a ForeverWell Cycling (ID#22) 5:30p-6:30p BodyPump	14 (ID#22) 5:15a-6:15a Group Cycling (ID#22) 8a-9a Group Cycling (ID#22) 9:30a-10:45a Rock Steady Boxing (ID#22) 5:45p-6:45p Defend Together	15 (ID#22) 5:15a-6:15a Group Cycling (ID#22) 9a-10a BodyPump (ID#22) 10:30a-11:15a ForeverWell Cycling (ID#22) 5:30p-6:30p BodyPump	16 (ID#22) 5:15a-6:15a Group Cycling (ID#22) 8a-9a Group Cycling (ID#22) 9:30a-10:45a Rock Steady Boxing (ID#22) 5:30p-6:30p BodyPump	17 (ID#22) 5:15a-6:15a H.I.I.T. (ID#22) 9a-10a BodyPump (ID#22) 5:30p-6:30p BodyPump	18 (ID#22) 8a-9a BodyPump
19 (ID#22) 8a-9a BodyPump	20 (ID#22) 5:15a-6a H.I.I.T. (ID#22) 9a-10a BodyPump (ID#22) 10:30a-11:15a ForeverWell Cycling (ID#22) 5:30p-6:30p BodyPump	21 (ID#22) 5:15a-6:15a Group Cycling (ID#22) 8a-9a Group Cycling (ID#22) 9:30a-10:45a Rock Steady Boxing (ID#22) 5:45p-6:45p Defend Together	22 (ID#22) 5:15a-6:15a Group Cycling (ID#22) 9a-10a BodyPump (ID#22) 10:30a-11:15a ForeverWell Cycling (ID#22) 1p-2:15p Brighter Days Support Group (ID#22) 5:30p-6:30p BodyPump	23 Happy Thanksgiving Closed	24 (ID#22) 5:15a-6:15a H.I.I.T. (ID#22) 9a-10a BodyPump (ID#22) 5:30p-6:30p BodyPump	25 (ID#22) 8a-9a BodyPump
26 (ID#22) 8a-9a BodyPump	27 (ID#22) 5:15a-6a H.I.I.T. (ID#22) 9a-10a BodyPump (ID#22) 10:30a-11:15a ForeverWell Cycling (ID#22) 5:30p-6:30p BodyPump	28 (ID#22) 5:15a-6:15a Group Cycling (ID#22) 8a-9a Group Cycling (ID#22) 9:30a-10:45a Rock Steady Boxing (ID#22) 5:45p-6:45p Defend Together	29 (ID#22) 5:15a-6:15a Group Cycling (ID#22) 9a-10a BodyPump (ID#22) 10:30a-11:15a ForeverWell Cycling (ID#22) 5:30p-6:30p BodyPump	30 (ID#22) 5:15a-6:15a Group Cycling (ID#22) 8a-9a Group Cycling (ID#22) 9:30a-10:45a Rock Steady Boxing (ID#22) 5:30p-6:30p BodyPump		