



# November 2018

## Fitness Studio Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Times not designated are for "Open Use." However, the schedule could change without prior notice.</b></p>				<p><b>1</b> 10am - 11am Tai Chi - Laughter Yoga</p>	<p><b>2</b> <b>Open</b></p>	<p><b>3</b> 7am - 8:10am Core &amp; Stretch</p>
<p><b>4</b> <b>Open</b></p>	<p><b>5</b> 6:30pm - 7:30pm Zumba</p>	<p><b>6</b> 9:00am - 9:45am Yoga  10am - 11am Tai Chi - Laughter Yoga</p>	<p><b>7</b> 6:30pm - 7:30pm Zumba</p>	<p><b>8</b> 10am - 11am Tai Chi - Laughter Yoga</p>	<p><b>9</b> <b>Open</b></p>	<p><b>10</b> 7am - 8:10am Core &amp; Stretch</p>
<p><b>11</b> <b>Open</b></p>	<p><b>12</b> 6:30pm - 7:30pm Zumba</p>	<p><b>13</b> 9:00am - 9:45am Yoga  10am - 11am Tai Chi - Laughter Yoga</p>	<p><b>14</b> 6:30pm - 7:30pm Zumba</p>	<p><b>15</b> 10am - 11am Tai Chi - Laughter Yoga</p>	<p><b>16</b> <b>Open</b></p>	<p><b>17</b> 7am - 8:10am Core &amp; Stretch</p>
<p><b>18</b> <b>Open</b></p>	<p><b>19</b> 6:30pm - 7:30pm Zumba</p>	<p><b>20</b> 9:00am - 9:45am Yoga  10am - 11am Tai Chi - Laughter Yoga</p>	<p><b>21</b> 6:30pm - 7:30pm Zumba</p>	<p><b>22</b> <b>NO CLASSES!</b> </p>	<p><b>23</b> <b>NO CLASSES!</b> <b>Special Hours</b> <b>7am-3pm</b></p>	<p><b>24</b> 7am - 8:10am Core &amp; Stretch 9am - 10am Zumba Turkey Burn</p>
<p><b>25</b> <b>Open</b></p>	<p><b>26</b> 6:30pm - 7:30pm Zumba</p>	<p><b>27</b> 9:00am - 9:45am Yoga  10am - 11am Tai Chi - Laughter Yoga</p>	<p><b>28</b> 6:30pm - 7:30pm Zumba</p>	<p><b>29</b> 10am - 11am Tai Chi - Laughter Yoga</p>	<p><b>30</b> <b>Open</b></p>	

## HARRISONVILLE COMMUNITY CENTER

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