

2021 NOVEMBER

SUNDAY

CALENDAR YEAR / MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	01 5:30 PM CORE N' CARDIO	02 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	03	04 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	05	06
07	08 5:30 PM CORE N' CARDIO	09 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	10	11 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	12	13
14	15 5:30 PM CORE N' CARDIO	16 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	17	18 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	19	20
21	22 5:30 PM CORE N' CARDIO	23 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	24	25 HAPPY THANKSGIVING	26	27
28	29 5:30 PM CORE N' CARDIO	30 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	01	02 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	03	04