



November 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b> Seated Full Fitness 10:00 am – 10:45 am (O)	<b>3</b> PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	<b>4</b> Chair Yoga 11:30 am – 12:00 pm (O)	<b>5</b>	<b>6</b> PD 1 - 4 Class 10:30 am – 11:30 am (F)
<b>7</b>	<b>8</b>	<b>9</b> NO CLASS <i>(Instructor Day Off)</i>	<b>10</b> PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	<b>11</b> NO CLASS <i>(Holiday)</i>	<b>12</b>	<b>13</b> PD 1 - 4 Class 10:30 am – 11:30 am (F)
<b>14</b>	<b>15</b>	<b>16</b> Seated Full Fitness 10:00 am – 10:45 am (O)	<b>17</b> PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	<b>18</b> Chair Yoga 11:30 am – 12:00 pm (O)	<b>19</b>	<b>20</b> PD 1 - 4 Class 10:30 am – 11:30 am (F)
<b>21</b>	<b>22</b> RSB MoCo* Open Gym - PD 1-4 12:00 pm – 1:30 pm (F)	<b>23</b> Seated Full Fitness 10:00 am – 10:45 am (O)	<b>24</b> NO CLASS <i>(Holiday)</i>	<b>25</b> NO CLASS <i>(Holiday)</i>	<b>26</b>	<b>27</b> NO CLASS <i>(Holiday)</i>
<b>28</b>	<b>29</b>	<b>30</b> Seated Full Fitness 10:00 am – 10:45 am (O)				

(F) – Boxing Gym (In-Person Only) (O) – Virtual Only