Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLASSES ARE 45 MINUTES IN DURATION.	1	2 4:30PM-POUND®	3 4:30PM-CIRCUIT STRENGTH 5:30PM-TOTAL BODY	4	5
6:30PM-YOGA	4:30PM-CIRCUIT STRENGTH 5:30PM-TOTAL BODY	9 4:30PM-POUND®	4:30PM-CIRCUIT STRENGTH 5:30PM-TOTAL BODY	11	12
6:30PM-YOGA	4:30PM-CIRCUIT STRENGTH 5:30PM-TOTAL BODY	16 4:30PM-POUND®	4:30PM-CIRCUIT STRENGTH 5:30PM-TOTAL BODY	18	19
21 6:30PM-YOGA	4:30PM-CIRCUIT STRENGTH 5:30PM-TOTAL BODY	23 4:30PM-POUND®	7:30-9:00AM TURKEY TRIFECTA @ FCHC FITNESS	9:00 AM TURKEY BURN ATTCHC TITNESS	26
28 6:30PM-YOGA	4:30PM-CIRCUIT STRENGTH 5:30PM-TOTAL BODY	30 4:30PM—POUND®	Like us on Fa class schedul FC Fit		



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLASSES ARE 45 MINUTES IN DURATION.	1 10:00AM—SS CLASSIC® 6:00PM—YOGA	2	3 10:00AM—SS CLASSIC® 6:00PM—YOGA	4	5
7	8 10:00AM—SS CLASSIC® 6:00PM—YOGA	9	10:00AM—SS CLASSIC® 6:00PM—YOGA	11	12
14	15 10:00AM—SS CLASSIC® 6:00PM—YOGA	16	17 10:00AM—SS CLASSIC® 6:00PM—YOGA	18	19
21	22 10:00AM—SS CLASSIC® 6:00PM—YOGA	23	7:30-9:00AM TURKEY TRIFECTA © FCHC FIXNESS	9:00 AM TURKEY BURN AT FCHC FTINESS	26
28	10:00AM—SS CLASSIC® 6:00PM—YOGA	30	Like us on Force class schedu	acebook for ale updates. CHC tness	

