


NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>CLASSES ARE 45 MINUTES IN DURATION.</p>	1	2	3	4	5	
	7	8	9	10	11	12
	14	15	16	17	18	19
	21	22	23	24	25	26
	28	29	30			

ARCHBOLD
RUIHLEY PARK PAVILION



NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>CLASSES ARE 45 MINUTES IN DURATION.</p>	<p>1</p> <p>10:00AM—SS CLASSIC®</p> <p>6:00PM—YOGA</p>	<p>2</p>	<p>3</p> <p>10:00AM—SS CLASSIC®</p> <p>6:00PM—YOGA</p>	<p>4</p>	<p>5</p>	
	<p>7</p>	<p>8</p> <p>10:00AM—SS CLASSIC®</p> <p>6:00PM—YOGA</p>	<p>9</p>	<p>10</p> <p>10:00AM—SS CLASSIC®</p> <p>6:00PM—YOGA</p>	<p>11</p>	<p>12</p>
	<p>14</p>	<p>15</p> <p>10:00AM—SS CLASSIC®</p> <p>6:00PM—YOGA</p>	<p>16</p>	<p>17</p> <p>10:00AM—SS CLASSIC®</p> <p>6:00PM—YOGA</p>	<p>18</p>	<p>19</p>
	<p>21</p>	<p>22</p> <p>10:00AM—SS CLASSIC®</p> <p>6:00PM—YOGA</p>	<p>23</p>	<p>24</p>  <p>7:30-9:00AM TURKEY TRIFECTA @ FCHC FITNESS</p>	<p>25</p> <p>9:00 AM TURKEY BURN AT FCHC FITNESS</p>	<p>26</p>
	<p>28</p>	<p>29</p> <p>10:00AM—SS CLASSIC®</p> <p>6:00PM—YOGA</p>	<p>30</p>	 <p>Like us on Facebook for class schedule updates.</p> <p>f FCHC Fitness</p>		