



CLASS SCHEDULE

November 2015

1340 Montondon Ave (Lower Level - Studio B), Waunakee
 (Downstairs from Blowin' Smoke BBQ)

www.monroerealtraining.com/classes/ —>Single Classes, Packages, & RSVP Available Online Phone: 608-235-8258

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 5:30-6:20 AM FUNCTIONAL FITNESS (FF) BOOT CAMP Connie	3 6:00-7:00 PM ZUMBA® Heidi	4 5:30-6:20 AM BUTTS & GUTS Connie 5:30-7:00 PM OPEN GYM Connie	5 5:00-7:00 PM OPEN GYM Kevin	6 9:30-11:30 AM OPEN GYM Kevin	7 8:00-10:00 AM OPEN GYM Connie
8	9 5:30-6:20 AM FUNCTIONAL FITNESS (FF) BOOT CAMP Connie	10 6:00-7:00 PM ZUMBA® Heidi	11 5:30-6:20 AM BUTTS & GUTS Connie 5:30-7:00 PM OPEN GYM Connie	12 5:00-7:00 PM OPEN GYM Kevin	13 9:30-11:30 AM OPEN GYM Kevin	14 8:00-10:00 AM OPEN GYM Connie
15	16 5:30-6:20 AM FUNCTIONAL FITNESS (FF) BOOT CAMP Connie	17 NO CLASSES	18 5:30-6:20 AM BUTTS & GUTS Connie 5:30-7:00 PM OPEN GYM Connie	19 5:00-7:00 PM OPEN GYM Kevin	20 9:30-11:30 AM OPEN GYM Kevin	21 8:00-10:00 AM OPEN GYM Connie
22	23 5:30-6:20 AM FUNCTIONAL FITNESS (FF) BOOT CAMP Connie	24 6:00-7:00 PM ZUMBA® Heidi	25 5:30-6:20 AM BUTTS & GUTS Connie	26 NO CLASSES	27 NO CLASSES	28 8:00-10:00 AM OPEN GYM Connie
29	30 5:30-6:20 AM FUNCTIONAL FITNESS (FF) BOOT CAMP Connie					