November 2026

◄ Oct 2026 | Dec 2026 ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Seated Full Fitness 10:00 am – 10:45 am (O)	4 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	5	6	7 PD 1 - 4 Class 10:30 am – 11:45 am (F)
8	9	10 Seated Full Fitness 10:00 am – 10:45 am (O)	11 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	12	13	14 PD 1 - 4 Class 10:30 am – 11:45 am (F)
15	16	17 Seated Full Fitness 10:00 am – 10:45 am (O)	18 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	19	20	21 PD 1 - 4 Class 10:30 am – 11:45 am (F)
22	23	24 Seated Full Fitness 10:00 am – 10:45 am (O)	25 **No Class** **(Holiday)**	26	27	28 **No Class** **(Holiday)**
29	30					

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