

Group Fitness News

Thanksgiving Eve Modified Schedule

- All morning and lunch time classes will be held as normal.
- All regularly scheduled evening classes will not be held except for:

Studio 1:

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTORS</u>
5:00 - 5:45 pm	BODYCOMBAT 45	Chrystine Mitchell & Linette Davis

Don't forget!

Check out our special **Black Friday Burn Group Fitness Schedule** for **November 25**. Grab a schedule at Guest Services, check the portal or app or visit: bodyzonesports.com/groupfitness



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