



# November Clovis Aerobic Schedule

## Monday

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### Beginning Pilates

7:00-8:00am- Jeanette

### High Fitness

8:30-9:30am - Jen

### Sculpt

9:30-10:30am - Jen

### High Fitness

5:30-6:30pm - Jenna

### Pilates

6:30-7:30pm - Ashley M.

### Yoga

7:45-8:45pm - Eli

## Tuesday

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### H.I.I.T

5:00-6:00am - Mary

### High Fitness

8:30-9:30am - Dre/Crystal

### Sculpt

9:30-10:30am - Sarah

### Step/Butts & Guts

6:00-7:00pm - Ray

### Yoga

7:30-8:30pm - Sonny

### Dance Fitness

8:30-9:30pm- Jared

## Wednesday

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### Conditioning & Core

5:00-6:00am - Mary

### Beginning Pilates

7:00-8:00am- Jeanette

### High Fitness

8:30-9:20am - Allison

### Dance Fitness

9:30-10:30am - Vicki

### Surge Fit

5:30-6:30pm - Nicole

### Pilates

6:30-7:30pm - Ashley M.

### TURN UP

7:30-8:30pm - Nayeri

## Thursday

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### H.I.I.T

5:00-6:00am - Mary

### High Fitness

8:30-9:30am - May

### Sculpt

9:30-10:30am - Katie

### Surge Strength

5:00-6:00pm - Allison

### Step/Butts/Guts

6:00-7:00pm - Ray

### Yoga

7:15-8:15pm - Rhonda

### Dance Fitness

8:30-9:30pm- Jared

## Friday

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### Beginning Pilates

7:00-8:00am- Jeanette

### Zumba

8:15-9:15am - Julianne

### Kick Fit

9:15-10:15am - Susan

### Dance Fitness

6:30-7:30pm - Manny

## Saturday

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### High Fitness

8:30-9:30am - May

### Yoga

10:00-11:00am - Rhonda

## Sunday

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### High Fitness

8:30-9:30 am - May

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