



November Clovis Aerobic Schedule

Monday

Surge Hybrid

5:15am-6:15am - Gina

Beginning Pilates

7:00:8:00am - Sherrod

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

7:35-8:35pm - Ginger

Tuesday

H.I.I.T

5:00-6:00am - Mary

High Fitness

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

Surge Strength

9:30-10:30am - Allison

Surge Strength + High Fitness

5:00-6:00pm - Nicole/Paige

Yoga

7:30-8:30pm - Jlm

Dance Fitness

8:30-9:30pm- Jared

Wednesday

Conditioning & Core

5:00-6:00am - Mary

Beginning Pilates

7:00:8:00am - Sherrod

High & Surge

8:30-9:30am - 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

H.I.I.T

5:00-6:00am - Mary

High Fitness

8:30-9:30am - May

Surge/Sculpt

9:30-10:30am - Hannah/Jenn

Surge Strength

5:00-6:00pm - Allison

Yoga

7:15-8:15pm - Rhonda

Dance Fitness

8:30-9:30pm- Jared

Friday

Beginning Pilates

7:00:8:00am - Sherrod

Zumba

8:15-9:15am - Julianne

Kick Fit

9:15-10:15am - Susan

Surge Fit

5:30-6:30pm - Allison

Dance Fitness

6:30-7:30pm - Manny

Saturday

High Fitness

8:30-9:30am - May

Yoga

10:00-11:00am - Rhonda

Sunday

High Fitness

8:30-9:30 am - May

Highyo

9:30-10:30 am - Allison