



# November North Aerobic Schedule

## Monday

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### Zumba

8:30-9:30 AM - Nayeri

### Sculpt

9:30-10:30 AM - Angela

### Tone/Sculpt

5:30-6:30 PM - Cynde

### High Fitness

6:30-7:30 PM - Brianna

## Tuesday

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### Kickbox Circuit

9:00-10:00 AM - Cynde

### Dance Fitness

10:00-11:00 AM - Kiran

### High Fitness

5:30-6:30 PM - Tisha

### Turn Up Dance Fitness

6:30-7:30 PM - Angela

### Yoga

7:30-8:30 PM - Jenna

## Wednesday

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### Tone/Sculpt

8:30-9:30 AM - Cynde

### Surge Fit

9:30-10:30 AM - Brianna

### Sculpt

10:30-11:30 AM - Angela

### Tone/Sculpt

5:30-6:30 PM - Cynde

### High Fitness

6:30-7:30 PM - Michelle/Geni

## Thursday

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### Kickbox Circuit

9:00-10:00 AM - Cynde

### Dance Fitness

10:00-11:00 AM - Kiran

### High Fitness

5:00-6:00 PM - Michelle

### Yoga

6:30-7:30 PM - Sonny

## Friday

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### High Fitness

9:00-10:00 AM - Brianna

### Turn Up Dance Fitness

10:00-11:00 AM - Nayeri

### Yoga

6:30-7:30 PM - Nancy

## Saturday

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### Surge Strength

8:00-9:00 AM - Brianna

### Dance Fitness

9:15-10:15 AM - Kiran

### Yoga

10:30-11:30 AM - Sonny

## Sunday

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### High Fitness

9:00-10:00 AM - Katie

1460 E Champlain Dr. Fresno, CA 93720

559-297-8656

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