



# November Palm Aerobic Schedule

## Monday

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Cycle

5:30-6:30 PM - Van

## Tuesday

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Cycle

5:30-6:30 PM - Nancy

## Wednesday

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Cycle

5:30-6:30 PM- Greg

## Thursday

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Cycle

5:30-6:30 PM - Nancy

## Friday

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Cycle

9:00-10:00 AM - Greg

Cycle

5:30-6:30 PM - Van

## Saturday

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Cycle

8:00-9:00 AM - Kelly D.

## Sunday

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Cycle

8:00-9:00 AM - Van

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