NOV2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 9:00 am (40m) **STRONGER** 9:45 am (30m) **HOME STRETCH**
	4 POP-UP EVENING CLASSES! MONDAY MADNESS	5 8:00 am (30m) **STRONGER** 8:35 am (25m) **HOME STRETCH**	6 9:00 am (30m) **CORE 'n MORE**	7 8:30 am (40m) **SOLID**	8	9 9:00 am (40m) **STRONGER** 9:45 am (30m) **HOME STRETCH**
	11	12 8:00 am (30m) **STRONGER** 8:35 am (25m) **HOME STRETCH**	13 9:00 am (30m) **CORE 'n TOTAL BACK**	14 8:30 am (40m) **SOLID**	15	16 9:00 am (40m) **STRONGER** 9:45 am (30m) **HOME STRETCH**
	18	19 8:00 am (30m) **STRONGER** 8:35 am (25m) **HOME STRETCH**	20 9:00 am (30m) **CORE 'n TRICEPS / SHOULDERS**	21 8:30 am (40m) **SOLID**	22	23 9:00 am (40m) **STRONGER** 9:45 am (30m) **HOME STRETCH**
	25 YAY! 6:30 pm (40m) **MONDAY MADNESS**	26 8:00 am (30m) **STRONGER** 8:35 am (25m) **HOME STRETCH**	27 9:00 am (30m) **CORE 'n BANDED BOOTY**	28 8:30 am (40m) **SOLID**	29	30 9:00 am (40m) **STRONGER** 9:45 am (30m) **HOME STRETCH**

Donations
Nov Dec 2024

Food Banks Canada / Banques alimentaires Canada

** All times are in Pacific Time (Canada, USA)

people gonna move