

# naturespa

## November Fitness

monday	tuesday	wednesday	thursday	friday	saturday	sunday
<b>Class \$12</b> <b>Class 10/\$80</b>			<b>1</b>  530 grateful yoga	<b>2</b>  430 yoga 530 Gym class	<b>3</b> 9a yoga 11a aquafit	<b>4</b> 9a yoga
<b>5</b> 10am yoga  530p gym class	<b>6</b> 1030a aquafit  6p yoga	<b>7</b> 9a gentle yoga	<b>8</b> 1030 aquafit  530 grateful yoga	<b>9</b>  430 yoga 530 Gym class	<b>10</b> 9a yoga 11a aquafit	<b>11</b> 9a yoga
<b>12</b> 10am yoga  530p gym class	<b>13</b> 1030a aquafit  6p yoga	<b>14</b> 9a gentle yoga	<b>15</b> 1030 aquafit  530 grateful yoga	<b>16</b>  430 yoga 530 Gym class	<b>17</b> 9a yoga 11a aquafit	<b>18</b> 9a yoga
<b>19</b> 10am yoga  530p gym class	<b>20</b> 1030a aquafit  6p yoga	<b>21</b> 9a gentle yoga	<b>22</b> Thanksgiving	<b>23</b> 7a SkiFit 10a Yoga  430 yoga	<b>24</b> 7a SkiFit 9a yoga 11am Yoga 11a aquafit 4p yoga	<b>25</b> 9a yoga 11a yoga
<b>26</b> 10am yoga  530p gym class	<b>27</b> 1030a aquafit  6p yoga	<b>28</b> 9a gentle yoga	<b>29</b> 1030 aquafit  530 grateful yoga	<b>30</b>  430 yoga 530 Gym class		<b>Class \$12</b> <b>Class 10/\$80</b>