Island Time FITNESS

NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 ZUMBA TONING (GINGER) 6:15P VIRTUAL + IN-PERSON!	3 Z GOLD 10:15A ZUMBA KIDS JR (GIN) 11:30A ZUMBA STEP (GIN) 6:15P (NEW!)	4 **VIRTUAL ZUMBA FUNDRAISER (HECTOR + GIN) 5:30P	5 ZUMBA GOLD TONING (GIN) 10:15A CHRISTIAN HIP-HOP (SHAWNA) 6:15P	6	7 ZUMBA (GINGER) 10:15A
8	9 ZUMBA TONING (GINGER) 6:15P VIRTUAL + IN-PERSON!	10 Z GOLD 10:15A ZUMBA KIDS JR (GIN) 11:30A ZUMBA STEP (GIN) 6:15P (NEW!)	11 **ZUMBA + CIRCL 12 (GIN + KATHY) 5:30P (NEW!) VIRTUAL + IN-PERSON!**	12 ZUMBA GOLD TONING (GIN) 10:15A CHRISTIAN HIP-HOP (SHAWNA) 6:15P	13 ZUMBA KIDS (GIN) 4P CARIBBEAN/ AFROBEATS (JALISA) 6:15P	14 ZUMBA (GIN) 10:15A PUMPKIN CRAFT CLASS (STEPHANIE) 11:30A
15	16 ZUMBA TONING (GINGER) 6:15P VIRTUAL + IN-PERSON!	17 Z GOLD 10:15A ZUMBA KIDS JR (GIN) 11:30A ZUMBA STEP (GIN) 6:15P (NEW!)	18 **ZUMBA + (GIN + KATHY) 5:30P (NEW!) VIRTUAL + IN-PERSON!**	19 ZUMBA GOLD TONING (GIN) 10:15A CHRISTIAN HIP-HOP (SHAWNA) 6:15P	20 ISLAND TIME FRIENDSGIVING! 6:15-8P	21 CARIBBEAN/ AFROBEATS (JALISA) 10:15A CHRISTIAN HIP-HOP (GIN) 11:30A (NEW!)
22	23 ZUMBA TONING (GINGER) 6:15P VIRTUAL + IN-PERSON!	24 Z GOLD 10:15A ZUMBA KIDS JR (GIN) 11:30A ZUMBA STEP (GIN) 6:15P (NEW!)	25 **ZUMBA + CIRCL 12 (GIN + KATHY) 5:30P (NEW!) VIRTUAL + IN-PERSON!**	26 Happy Thanksgiving NO CLASSES	27 TURKEY BURN ZUMBA! (TBA) 10:15A	28 NO CLASSES
29	30 ZUMBA TONING (GINGER) 6:15P VIRTUAL + IN-PERSON!					



"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God" (Philippians 4:6).

