

11



Island Time
• FITNESS •

NOVEMBER

2023

SUN

MON

TUE

WED

THU

FRI

SAT



5

6
S&S Program 10:15a

7
Zumba Gold 10:15a
Zumba 6:15p

8
Z Gold Toning 10:15a
Zumba Toning 6:15p

9
Genre ZG: Christian
/Merengue 10:15a
Faith Hip-Hop 6:15p

10
Z Gold Toning 10:15a

11
Circel Mobility
Demo! 9:30a
S&S Program 10:15a
Zumbini 11:30a
Zumba 12:20p (new!)

12

13
S&S Program 10:15a

14
Zumba Gold 10:15a
Zumba 6:15p

15
Z Gold Toning 10:15a
Zumba Toning 6:15p

16
Genre ZG: Salsa/
Cumbia 10:15a
Genre Zumba: Salsa
Choke/Brazilian-
Funk 6:15p

17
Z Gold Toning 10:15a

18
S&S Program 10:15a
Zumbini 11:30a
Zumba 12:20p
(new!)

19

20
S&S Program 10:15a

21
Zumba Gold 10:15a
Zumba 6:15p

22
Z Gold Toning 10:15a
Zumba Toning 6:15p



24
No Classes

25
Circel Mobility 9:30a
Zumbini 11:30a
Zumba 12:20p
(new!)

26

Zumba Instructor
Training 8a-5p

27

28
Zumba Gold 10:15a
Zumba 6:15p

29
Z Gold Toning 10:15a
Zumba Toning 6:15p

30
Genre ZG: Bhangra/
Bellydance
Genre Zumba:
Bhangra/Bellydance

November Goals:

"O give thanks to the Lord, for He is good, for His mercy
endureth forever" (Ps. 136:1).

