



GYMDOG FITNESS

GORDON FITNESS CENTER



29607 Barnes Ave
Fort Gordon, GA 30905

NOVEMBER CALENDAR OF SUB/ALTERNATE INSTRUC

YELLOW = SUB FOR CLASS; ALL OTHERS ARE ALTERNATES

MON	TUE	WED	THUR	FRI	SAT	S
			<u>1</u> 5:30 pm BAR – Ammie	<u>2</u> 4:30 pm ZUMBA - Janice	<u>3</u> 8:45 am TRX – Amber 9:30 am CYCLE – Amber	<u>4</u>
<u>5</u> 5:30 pm CYCLE - Matt 6:30 pm YOGA – Lissett	<u>6</u> 4:30 pm CORE - Matt 5:30 pm FUNC – Matt 6:30 pm TONE - Janice	<u>7</u> 5:30 pm CYCLE – Matt 5:30 pm TRX - JOE	<u>8</u> 4:30pmZUMBA-Chaka 5:30 pm BAR – Amber	<u>9</u> HOLIDAY HOURS 10-6 NO 5:30 am CYCLE NO 9:30 am ZUMBA YES 4:30 pm MIXFIT	<u>10</u> HOLIDAY HOURS 10-6 NO 8:45 am TRX NO 9:30 am CYCLE YES 10 amZUMBA-Chaka YES 11 am RIP - Ingrid	<u>11</u>
<u>12</u> HOLIDAY HOURS 10-6 NO 5:30 am CYCLE NO 9:30 am ZUMBA YES 4:30pm ZUMBA NO 5:30pm or 6:30 pm	<u>13</u> 4:30 pm CORE - Ammie 5:30 pm TRX – Joe 6:30 pm TONE - April	<u>14</u> 5:30 pm CYCLE - Matt	<u>15</u> 5:30 pm BAR – Amber	<u>16</u> 9:30 am ZUMBA – Ty	<u>17</u> 8:45 am TRX – Joe 9:30 am CYCLE – Joe	<u>18</u>
<u>19</u> 5:30 pm CYCLE - Matt 6:30 pm YOGA – Lissett	<u>20</u> 4:30 pm CORE - Matt 5:30 pm FUNC – Matt 5:45 pm CYCLE - Joe	<u>21</u> 5:30 pm CYCLE - Matt	<u>22</u> THANKSGIVING NO CLASSES	<u>23</u> THANKSGIVING NO CLASSES	<u>24</u> 8:45 am TRX – Matt 9:30 am CYCLE – Matt	<u>25</u>
<u>26</u> 5:30 am CYCLE - Joanna 5:30 pmCYCLE-Jasmine 6:30 pm YOGA- Amber	<u>27</u> 4:30 pm CORE - Matt 5:30 pm FUNC - Matt	<u>28</u> 5:30 pm CYCLE - Matt	<u>29</u> 5:30 pm BAR – Ammie	<u>30</u>		