**November 2017 – Open Gym Schedule**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | **1** | **2** | **3** | **4** |
|  |  |  | 1:00-4:00pm  **Sit & Be Fit @ 3:00pm** | 9:00-11:00am | 1:00-3:00pm |  |
| **5** | **6** | **7** | **8** | **9** | **10** | **11** |
|  | 1:00-4:00pm  **Chair Yoga @ 3:00pm** | 9:00-11:00am | 1:00-4:00pm **Sit & Be Fit @ 3:00pm** | 9:00-11:00am | 1:00-3:00pm |  |
| **12** | **13** | **14** | **15** | **16** | **17** | **18** |
|  | 1:00-4:00pm  **Chair Yoga @ 3:00pm** | 9:00-11:00am | 1:00-4:00pm **Sit & Be Fit @ 3:00pm** | 9:00-11:00am | 1:00-3:00pm |  |
| **19** | **20** | **21** | **22** | **23**  3 | **24** | **25** |
|  | 1:00-4:00pm  **Chair Yoga @ 3:00pm** | 9:00-11:00am | 1:00-4:00pm **Sit & Be Fit @ 3:00pm** | **CLOSED** | **CLOSED** |  |
| **26** | **27** | **28** | **29** | **30** |  |  |
|  | 1:00-4:00pm  **Chair Yoga @ 3:00pm** | 9:00-11:00am | 1:00-4:00pm **Sit & Be Fit @ 3:00pm** | 9:00-11:00am |  |  |
|  |  |  |  |  |  |  |
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