

NOVEMBER 2024

NSF INDIAN HEAD GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mini NOFFS Session 4:30 PM-5:30 PM
4 H.I.I.T Training 4:30 PM-5:30 PM	5 Spin Class 11:30 AM-12:30 PM	6 Circuit 4:30 PM-5:30 PM RACQUETBALL STARTS	7 Spin Class 6:30 AM-7:30 AM	8 Mini NOFFS Session 4:30 PM-5:30 PM
11 Holiday No Classes	12 Spin Class 11:30 AM-12:30 PM	13 Circuit 4:30 PM-5:30 PM	14 Spin Class 6:30 AM-7:30 AM	15 Mini NOFFS Session 4:30 PM-5:30 PM
18 H.I.I.T Training 4:30 PM-5:30 PM	19 Spin Class 11:30 AM-12:30 PM	20 Circuit 4:30 PM-5:30 PM	21 Spin Class 6:30 AM-7:30 AM TURKEY TROT 5K	22 Mini NOFFS Session 4:30 PM-5:30 PM
25 H.I.I.T Training 4:30 PM-5:30 PM	26 Spin Class 11:30 AM-12:30 PM	27 Circuit 4:30 PM-5:30 PM	28 Holiday No Classes	29 Mini NOFFS Session 4:30 PM-5:30 PM