









NOVEMBER

2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 HIIT Tabata Live Class @ 7:15pm - 7:45pm zoom 	6	7 HIIT Tabata Live Class @ 7:15pm - 7:45pm zoom 	8	9
10	11	12 HIIT Tabata Live Class @ 7:15pm - 7:45pm zoom 	13	14 HIIT Tabata Live Class @ 7:15pm - 7:45pm zoom 	15	16
17	18	19 HIIT Tabata Live Class @ 7:15pm - 7:45pm zoom 	20	21 HIIT Tabata Live Class @ 7:15pm - 7:45pm zoom 	22	23
24	25	26 HIIT Tabata Live Class @ 7:15pm - 7:45pm zoom 	27	28 HIIT Tabata Class @ 7:15pm - 7:45pm zoom 	29	30

