

VIRTUAL november 2020

blessed to be able!

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Bootcamps live using Zoom!

Step 151 live using Facebook Live

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30am// Bootcamp on the Rocks	2 11am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	3 5pm// Spin Mixology 6pm// Tabata Tuesday	4 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	5 11am// Bootcamp on the Rocks 5pm// Spin Mixology 6pm// Bootcamp on the Rocks	6 11am// Bootcamp on the Rocks	7 8am// Bootcamp on the Rocks 9:15am// Step 151
8 8:30am// Bootcamp on the Rocks	9 11am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	10 5pm// Spin Mixology 6pm// Tabata Tuesday	11 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	12 11am// Bootcamp on the Rocks 5pm// Spin Mixology 6pm// Bootcamp on the Rocks	13 11am// Bootcamp on the Rocks	14 8am// Bootcamp on the Rocks 9:15am// Step 151
15 8:30am// Bootcamp on the Rocks	16 11am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	17 5pm// Spin Mixology 6pm// Tabata Tuesday	18 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	19 11am// Bootcamp on the Rocks 5pm// Spin Mixology 6pm// Bootcamp on the Rocks	20 11am// Bootcamp on the Rocks	21 8am// Bootcamp on the Rocks 9:15am// Step 151
22 8:30am// Bootcamp on the Rocks	23 11am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	24 5pm// Spin Mixology 6pm// Tabata Tuesday	25 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	26 THANKSGIVING! WORKOUT TO PIG OUT 8:30am// Bootcamp on the Rocks 9:45am// Step 151	27 POST-TURKEY TRIM DOWN 9am// Bootcamp on the Rocks 10:15am// Step 151	28 8am// Bootcamp on the Rocks 9:15am// Step 151
29 8:30am// Bootcamp on the Rocks	30 11am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151					