

# Believe N-U Fitness Class Schedule for NOVEMBER-2020

Believe N-U Fitness Class Schedule for NOVEMBER-2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30am Spin30-Patti	5:30am HIITCircuit45	5:30am Tone30-Cory	5:30am Spin30-Patti	5:30am Spin30	
		5:30amTone(ZOOM)		5:30am Spin30(ZOOM)		
			6:00am SPIN30-Cory		6:00 ToneTabata	
	9:00am HIIT Strength	9:00am Spin30/CORE	9:00am Weights		9:00am Tabata	8am Weight Training
		9:00am on ZOOM Gentle Hatha Yoga		9:00am on ZOOM Level I Yoga	Step&Kettlebell	8am Spin45(ZOOM)
						8:45am Spin45
	10:30am Silver Sneakers		10:30am Silver Sneakers		10:30am Silver Sneakers	
<b>Evening Classes</b>						
			5:30 on ZOOM TONE30	5:30pm Zumba		<i>All the classes in purple are only on <b>ZOOM</b> log into Vagaro to book your spot</i>
	6:00pm Weights30	5:45pm SPIN45-Patti	6:00pm SPIN30-Cory			
	6:30pm Spin30	6:30pm HIIT	6:30pm Tabata45-50	6:30pm SPIN30-Cory		
		Strength60-Kim	Kettlebell & Weights	6:30pm HIITStrength		
				7pm SPIN30-Cory		
				7pm HIITStrength		
<b>Memberships</b>						
1st Class	10 Class Punch	Month Unlimited	3-month Pass	Senior Pass 63+ & OnLine Classes	2 week Special	Buddy Fitness
FREE	\$70.00	\$60.00	\$150.00	\$30.00	\$25.00	\$100.00
<b>BOOK on Vagaro/BelieveNUFitness    Contact number: 724-272-6186    BelieveNUFit@gmail.com</b>						