

EXTREME RESULTS FITNESS - NOVEMBER 2011 CALENDAR

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 Boot Camp 6:00-7:00AM 6:30-7:30PM Studio Classes 9:00-10:00AM: Cardio KB 5:30-6:30PM: BTLC/AR 6:30-7:30PM: Spin 7:30-8:30PM: Zumba	2 Boot Camp 6:30-7:30PM Studio Class 5:45-6:45AM: Spin 9:00-10:00AM: EF 9:15-10:15AM: Yoga (FF) 5:30-6:30PM: TRX/Circuit 7:30-8:30PM: BF	3 Boot Camp 6:00-7:00AM 6:30-7:30PM Studio Classes 9:00-10:00AM: Spin 5:30-6:30PM: Spin 7:00-8:30PM: MMA 7:00-8:15PM: Yoga (MLV)	4 Boot Camp 6:00-7:00AM 5:30-6:30PM Studio 9:00-10:00AM: Cardio KB 10:00-11:15AM: Yoga (MLV)	5 Boot Camp 8:00-9:00AM: Basic 9:00-10:00AM: Elite Studio Class: 8:00-9:00AM: Zumba
6 Studio Classes 9:00-10:00AM: ANS	7 Boot Camp 6:30-7:30PM Studio Class 5:45-6:45AM: Spin 9:00-10:00AM: EF 5:15-6:30PM: Yoga (MLV) 5:30-6:30PM: Cardio KB 7:30-8:30PM: DF	8 Boot Camp 6:00-7:00AM 6:30-7:30PM Studio Classes 9:00-10:00AM: Cardio KB 5:30-6:30PM: BTLC/AR 6:30-7:30PM: Spin 7:30-8:30PM: Zumba	9 Boot Camp 6:30-7:30PM Studio Class 5:45-6:45AM: Spin 9:00-10:00AM: EF 9:15-10:15AM: Yoga (FF) 5:30-6:30PM: TRX/Circuit 7:30-8:30PM: BF	10 Boot Camp 6:00-7:00AM 6:30-7:30PM Studio Classes 9:00-10:00AM: Spin 5:30-6:30PM: Spin 7:00-8:30PM: MMA 7:00-8:15PM: Yoga (MLV)	11 Boot Camp 6:00-7:00AM 5:30-6:30PM Studio 9:00-10:00AM: Cardio KB 10:00-11:15AM: Yoga (MLV)	12 Boot Camp 8:00-9:00AM: Basic 9:00-10:00AM: Elite Studio Class: 8:00-9:00AM: Zumba
13 Studio Classes 10:00-11:15AM: Yoga (MLV)	14 Boot Camp 6:30-7:30PM Studio Class 5:45-6:45AM: Spin 9:00-10:00AM: EF 5:15-6:30PM: Yoga (MLV) 5:30-6:30PM: Cardio KB 7:30-8:30PM: DF	15 Boot Camp 6:00-7:00AM 6:30-7:30PM Studio Classes 9:00-10:00AM: Cardio KB 5:30-6:30PM: BTLC/AR 6:30-7:30PM: Spin 7:30-8:30PM: Zumba	16 Boot Camp 6:30-7:30PM Studio Class 5:45-6:45AM: Spin 9:00-10:00AM: EF 9:15-10:15AM: Yoga (FF) 5:30-6:30PM: TRX/Circuit 7:30-8:30PM: BF	17 Boot Camp 6:00-7:00AM 6:30-7:30PM Studio Classes 9:00-10:00AM: Spin 5:30-6:30PM: Spin 7:00-8:30PM: MMA 7:00-8:15PM: Yoga (MLV)	18 Boot Camp 6:00-7:00AM 5:30-6:30PM Studio 9:00-10:00AM: Cardio KB 10:00-11:15AM: Yoga (MLV)	19 Boot Camp 8:00-9:00AM: Basic 9:00-10:00AM: Elite Studio Class: 8:00-9:00AM: Zumba
20 Studio Classes 9:00-10:15AM: ANS	21 Boot Camp 6:30-7:30PM Studio Class 5:45-6:45AM: Spin 9:00-10:00AM: EF 5:15-6:30PM: Yoga (MLV) 5:30-6:30PM: Cardio KB 7:30-8:30PM: DF	22 Boot Camp 6:00-7:00AM 6:30-7:30PM Studio Classes 9:00-10:00AM: Cardio KB 5:30-6:30PM: BTLC/AR 6:30-7:30PM: Spin 7:30-8:30PM: Zumba	23 Boot Camp 6:30-7:30PM Studio Class 5:45-6:45AM: Spin 9:00-10:00AM: EF 9:15-10:15AM: Yoga (FF) 5:30-6:30PM: TRX/Circuit 7:30-8:30PM: BF	24 Boot Camp 6:00-7:00AM 6:30-7:30PM Studio Classes 9:00-10:00AM: Spin 5:30-6:30PM: Spin 7:00-8:30PM: MMA 7:00-8:15PM: Yoga (MLV)	25 Boot Camp 6:00-7:00AM 5:30-6:30PM Studio 9:00-10:00AM: Cardio KB 10:00-11:15AM: Yoga (MLV)	26 Boot Camp 8:00-9:00AM: Basic 9:00-10:00AM: Elite Studio Class: 8:00-9:00AM: Zumba
27 Studio Classes 10:00-11:15AM: Yoga (MLV)	Boot Camp 6:30-7:30PM Studio Class 5:45-6:45AM: Spin 9:00-10:00AM: EF 5:15-6:30PM: Yoga (MLV) 5:30-6:30PM: Cardio KB 7:30-8:30PM: DF	29 Boot Camp 6:00-7:00AM 6:30-7:30PM Studio Classes 9:00-10:00AM: Cardio KB 5:30-6:30PM: BTLC/AR 6:30-7:30PM: Spin 7:30-8:30PM: Zumba	30 Boot Camp 6:30-7:30PM Studio Class 5:45-6:45AM: Spin 9:00-10:00AM: EF 9:15-10:15AM: Yoga (FF) 5:30-6:30PM: TRX/Circuit 7:30-8:30PM: BF			

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LEGEND:

ABS = Ab-session **ANS** = Animal Style **AR** = Ab Ripper **BBC** = Boxing Boot Camp **BC** = Boot Camp (Basic or Elite¹)
BF = Burlesque Fitness **BTLC** = Booty-Li-Cious **COD** = Community Day (City of Choice) **Circuit** = Sports Circuit
DF = Dance Fitness **EF** = ExtremeFit **FB** = Fat Burn **KB** = KickBoxing **JOC** = Jo Cardio **MMA** = Mixed Martial Arts **MIU** = Mix-It-Up/Various
NP = Northridge Park **RBT** = Resistance Band Training **SOTH** = Shepherd of the Hills (Kickboxing) **TRX** = Suspension Training
Yoga-FF = Foundation Flow **Yoga-MLV** = Mixed Level Vinyasa **Yoga-PH** = Power Hour

NOTE¹: Elite BC is an intermediate to advanced level class that involves a wider range of agility, interval and plyometric exercises, with its emphasis on multi-sport training.