



MATT GRIFFIN GROUP WELLNESS

**NOV
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00-10:00AM Aqua Fitness Laura - Pool		9:00-10:00AM Aqua Fitness Laura - Pool		
9:15-10:15AM AOA Cardio Strength Philomena - WS1		9:15-10:15AM AOA Cardio Strength Philomena - WS1			
	10:15-11:15AM Arthritis & Injury Aqua Fitness Laura - Pool		10:15-11:15AM Arthritis & Injury Aqua Fitness Laura - Pool		
	10:30-11:30AM AOA Chair Strength Philomena - WS1		10:30-11:30AM AOA Chair Strength Philomena - WS1		
					SUNDAY
	5:00-6:00PM Above the barre Emily - WS1		5:00-6:00PM Yoga Emily - WS1		12:00-1:00PM Yoga Lorenzo - WS1
6:15-7:15PM Zumba Hani - WS1			6:15-7:15PM Zumba Hani - WS1		