




November



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|---|-----------------------------------|--------------------|----------------------|-------------------------------|----------|
| | | | | | 1 9:15 - Sit Down Tone Up | 2 |
| 3 9:15 - Ball Exercise | 4 9:15 - Ball Exercise | 5 9:15 - Sit Down and Tone Up | 6 9:15 - Dance | 7 9:15 - Posture | 8 9:15 - Sit Down Tone Up | 9 |
| 10 | 11  | 12 9:15 - Sit Down and Tone Up | 13 9:15 - Dance | 14 9:15 - Posture | 15 9:15 - Sit Down Tone Up | 16 |
| 17 9:15 - Ball Exercise | 18 | 19 9:15 - Sit Down and Tone Up | 20 9:15 - Dance | 21 9:15 - Posture | 22 9:15 - Sit Down Tone Up | 23 |
| 24 9:15 - Ball Exercise | 25 9:15 - Ball Exercise | 26 9:15 - Sit Down and Tone Up | 27 9:15 - Dance | 28 9:15 - Posture | 29 | 30 |