

November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 FALL INTO BLOOM CHALLENGE BEGINS 9am Sculpt + Flow 10:15am Upbeat CYCLE	2 5:15am Bootcamp 10am Barre Bootcamp 5pm SGT 5pm Bloom STRONG 6pm High LOW 7pm Yoga Flow	3 5:15am SGT 9am High LOW* 10am Yoga Flow 5pm Bloom RESISTxP* 5:30pm Cardio Dance* 5:30pm Bloom CYCLE*	4 5:30am HIGH Fitness 9am Bloom Body Bar 5:30pm Bloom CYCLE* 6pm PILOXING Pop-Up	5 5:15am RUSH HOUR 10am HIGH Fitness 5:30pm DRENCHED 6:30pm Primal Flow	6 5:15am TABATA 7am Bloom CYCLE 9am Cardio Dance	7 8:15am Bloom STRONG 9am HIGH Fitness* 10am Bloom CYCLE
8 9am R+R 10:15am Upbeat CYCLE	9 5:15am Bootcamp* 10am Barre Bootcamp 5pm SGT 5pm Bloom STRONG 6pm High LOW 7pm Yoga Flow	10 5:15am SGT 9am High LOW 10am Yoga Flow 5pm Bloom RESISTxP 5:30pm Cardio Dance 5:30pm Bloom CYCLE	11 5:30am HIGH Fitness 9am Bloom Body Bar 5:30pm Bloom CYCLE* 6pm Barefoot Bootcamp	12 5:15am RUSH HOUR 10am HIGH Fitness* 5:30pm DRENCHED 6:30pm Primal Flow	13 5:15am TABATA 7am Bloom CYCLE* 9am Cardio Dance 6pm SPIN + SIP EVENT	14 8:15am Bloom STRONG 9am HIGH Fitness 10am Bloom CYCLE
15 9am BUTI Yoga 10:15am Upbeat CYCLE ZUMBA CERTIFICATION 8-5pm	16 5:15am HIGH Fitness 10am Barre Bootcamp 5pm SGT 5pm Bloom STRONG* 6pm High LOW 7pm Yoga Flow	17 5:15am SGT 9am High LOW 10am Yoga Flow 5pm Bloom RESISTxP 5:30pm Cardio Dance 5:30pm Bloom CYCLE	18 5:30am Bootcamp 9am Bloom Body Bar 5:30pm Bloom CYCLE 6pm Barefoot Bootcamp	19 5:15am RUSH HOUR 10am HIGH Fitness 5:30pm DRENCHED 6:30pm Primal Flow	20 5:15am TABATA 7am Bloom CYCLE 9am Cardio Dance	21 8:15am Bloom STRONG 9am HIGH Fitness* 10am Bloom CYCLE
22 9am R+R 10:15am Upbeat CYCLE	23 PLANKSGIVING 5:15am Bootcamp* 10am Barre Bootcamp 5pm SGT 5pm Bloom STRONG 6pm High LOW 7pm Yoga Flow	24 PLANKSGIVING 5:15am SGT 9am High LOW 10am Yoga Flow 5pm Bloom RESISTxP 5:30pm Cardio Dance 5:30pm Bloom CYCLE*	25 PLANKSGIVING 5:30am HIGH Fitness 9am Bloom Body Bar 5:30pm Bloom CYCLE* 6pm Barefoot Bootcamp	26 PLANKSGIVING THANKSGIVING DAY 7am TURKEY TROT 8:30am CARDIO MASHUP 9:30am CYCLE+STRENGTH	27 CLOSED	28 SMALL BIZ SATURDAY 8:15am Bloom STRONG 9am HIGH Fitness 10am Bloom CYCLE
29	30	*THEMED CLASSES				
9am Barre Burn 10:15am Upbeat CYCLE	5:15am Bootcamp 10am Barre Bootcamp 5pm SGT 5pm Bloom STRONG 6pm High LOW 7pm Yoga Flow	11/3 5pm RESIST All American Road Trip (wear red, white & blue) 11/3 9am HIGH Proud to be an American 11/3 5:30pm DANCE Election Red, White & Bling! 11/3 5:30pm CYCLE I heart my Country 11/7 9am HIGH Club Edition 11/9 5:15am BOOTCAMP 90s on the 9th (dress the part) 11/11 5:30pm CYCLE 2020 HIIT Ride		11/12 10am HIGH Girl Power 11/13 7am CYCLE Bruno vs Michael J 11/16 5pm STRONG Hairspray + Spandex (80s Rock - dress up) 11/21 9am HIGH Epic Comeback 11/23 5:15am BOOTCAMP Maroon 5 (wear maroon) 11/24 5:30pm CYCLE The Topsy Turkey Ride 11/25 5:30pm CYCLE Turkey Burn Ride		
ALL IN STUDIO CLASSES CLASS AND CHILDCARE SPACE LIMITED - ALL REQUIRE RESERVATION SMALL GROUP TRAINING LIMIT 8-10 [BLOOM ALL IN/BF2 MEMBERS ONLY] SOME CLASSES AVAILABLE LIVE or VIRTUAL REPLAY SEE MIND BODY FOR MOST UP-TO-DATE SCHEDULE/CLASS UPDATES						