



January 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 Zumba 5:30 – 6:30pm (Kirby)	7 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	8 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	9 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	10	11
12	13 Zumba 5:30 – 6:30pm (Kirby)	14 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	15 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	16 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	17	18
19	20 MLK Day No Group Exercise	21 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	22 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	23 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	24	25
26	27 Zumba 5:30 – 6:30pm (Kirby)	28 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	29 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	30 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	31	



February 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Zumba 5:30 – 6:30pm (Kirby)	4 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	5 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	6 Zumba 5:15 – 6:15pm (Ben Taub)* LOCATION - BT Tower/Houston A/B C/R Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	7	8
9	10 Zumba 5:30 – 6:30pm (Kirby)	11 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	12 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	13 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	14	15
16	17 Zumba 5:30 – 6:30pm (Kirby)	18 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	19 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	20 CANCELED: Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	21	22
23	24 Zumba 5:30 – 6:30pm (Kirby)	25 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	26 Zumba 5:15 – 6:15pm (Ben Taub) * LOCATION - BT Tower/Houston A/B C/R Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	27 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	28	29



March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Zumba 5:30 – 6:30pm (Kirby)	3 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	4 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	5 CANCELED: Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	6	7
8	9 Zumba 5:30 – 6:30pm (Kirby)	10 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	11 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	12 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	13	14
15	16 Zumba 5:30 – 6:30pm (Kirby)	17 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	18 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	19 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	20	21
22	23 Zumba 5:30 – 6:30pm (Kirby)	24 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	25 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	26 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	27	28
29	30 Zumba 5:30 – 6:30pm (Kirby)	31 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)				



April 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	2	3	4
5	6 Zumba 5:30 – 6:30pm (Kirby)	7 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	8 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	9 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	10	11
12	13 Zumba 5:30 – 6:30pm (Kirby)	14 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	15 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	16 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	17	18
19	20 Zumba 5:30 – 6:30pm (Kirby)	21 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	22 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	23 CANCELED: Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	24	25
26	27 Zumba 5:30 – 6:30pm (Kirby)	28 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	29 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	30 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)		



May 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Zumba 5:30 – 6:30pm (Kirby)	5 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	6 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	7 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	8	9
10	11 Zumba 5:30 – 6:30pm (Kirby)	12 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	13 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	14 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	15	16
17	18 Zumba 5:30 – 6:30pm (Kirby)	19 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	20 Zumba 5:15 – 6:15pm (Ben Taub)* LOCATION - BT Tower/Houston A/B C/R Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	21 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	22	23
24	25 Memorial Day No Group Exercise	26 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	27 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	28 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	29	30
31						



June 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Zumba 5:30 – 6:30pm (Kirby)	2 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	3 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	4 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	5	6
7	8 Zumba 5:30 – 6:30pm (Kirby)	9 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	10 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	11 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	12	13
14	15 Zumba 5:30 – 6:30pm (Kirby)	16 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	17 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	18 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	19	20
21	22 Zumba 5:30 – 6:30pm (Kirby)	23 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	24 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	25 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	26	27
28	29 Zumba 5:30 – 6:30pm (Kirby)	30 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)				



July 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	2 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	3	4
5	6 Zumba 5:30 – 6:30pm (Kirby)	7 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	8 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	9 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	10	11
12	13 Zumba 5:30 – 6:30pm (Kirby)	14 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	15 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	16 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	17	18
19	20 Zumba 5:30 – 6:30pm (Kirby)	21 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	22 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	23 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	24	25
26	27 Zumba 5:30 – 6:30pm (Kirby)	28 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	29 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	30 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	31	



August 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Zumba 5:30 – 6:30pm (Kirby)	4 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	5 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	6 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	7	8
9	10 Zumba 5:30 – 6:30pm (Kirby)	11 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	12 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	13 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	14	15
16	17 Zumba 5:30 – 6:30pm (Kirby)	18 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	19 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	20 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	21	22
23	24 Zumba 5:30 – 6:30pm (Kirby)	25 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	26 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	27 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	28	29
30	31 Zumba 5:30 – 6:30pm (Kirby)					



September 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	2 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	3 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	4	5
6	7 Labor Day No Group Exercise	8 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	9 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	10 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	11	12
13	14 Zumba 5:30 – 6:30pm (Kirby)	15 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	16 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	17 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	18	19
20	21 Zumba 5:30 – 6:30pm (Kirby)	22 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	23 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	24 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	25	26
27	28 Zumba 5:30 – 6:30pm (Kirby)	29 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	30 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)			



October 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	2	3
4	5 Zumba 5:30 – 6:30pm (Kirby)	6 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	7 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	8 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	9	10
11	12 Zumba 5:30 – 6:30pm (Kirby)	13 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	14 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	15 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	16	17
18	19 Zumba 5:30 – 6:30pm (Kirby)	20 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	21 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	22 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	23	24
25	26 Zumba 5:30 – 6:30pm (Kirby)	27 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	28 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	29 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	30	31



November 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Zumba 5:30 – 6:30pm (Kirby)	3 Election Day No Group Exercise	4 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	5 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	6	7
8	9 Zumba 5:30 – 6:30pm (Kirby)	10 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	11 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	12 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	13	14
15	16 Zumba 5:30 – 6:30pm (Kirby)	17 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	18 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	19 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	20	21
22	23 Thanksgiving Week No Group Exercise	24 Thanksgiving Week No Group Exercise	25 Thanksgiving Week No Group Exercise	26 Thanksgiving Week No Group Exercise	27 Thanksgiving Week No Group Exercise	28
29	30					



December 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	2 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	3 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	4	5
6	7 Zumba 5:30 – 6:30pm (Kirby)	8 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	9 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	10 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	11	12
13	14 Zumba 5:30 – 6:30pm (Kirby)	15 Zumba 5:15 – 6:15pm (Ben Taub) HIIT 5:15 – 6:15pm (CHC Central)	16 Zumba 5:15 – 6:15pm (Ben Taub) Stretch 11 – 11:30am (Kirby) Stretch 11:30am – 12pm (Kirby)	17 Zumba 5:15 – 6:15pm (Ben Taub) Cardio 5:30 – 6:30pm (Kirby) HIIT 5:15 – 6:15pm (CHC Central)	18	19
20	21 Holidays No Group Exercise	22 Holidays No Group Exercise	23 Holidays No Group Exercise	24 Holidays No Group Exercise	25 Holidays No Group Exercise	26
27	28 Holidays No Group Exercise	29 Holidays No Group Exercise	30 Holidays No Group Exercise	31 Holidays No Group Exercise		