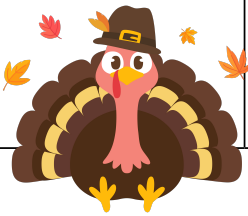


CLASS SCHEDULE NOVEMBER 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 X NO CLASS X
2 6-7PM - TEAM ENDURANCE 7-8:30pm: FIRST PULL-UP Class	3 6:30-8pm: Street Lifting	4 6:30-8pm: Beginner Push & Pull	5 5:30-6:30pm: Mobility & Flexibility 6:30-8pm: Handstands 8-9PM - TEAM ENDURANCE	6 X NO CLASS X	7 9-10:30am: Flags 10:30am-12pm: Mixed Calisthenics 12-1PM - TEAM ENDURANCE	8 10-11am: Yoga For Cali 11am-1PM: RUAT
9 6-7PM - TEAM ENDURANCE 7-8pm: Endurance Cali	10 6:30-8pm: Handstands	11 6:30-8pm: Mixed Calisthenics	12 5:30-6:30pm: Mobility & Flexibility 6:30-8pm: Rings 8-9PM - TEAM ENDURANCE	13 X NO CLASS X	14 9-10:30am: Mixed Calisthenics 10:30am-12pm: Mixed Calisthenics 10:30-11:30AM - TEAM ENDURANCE	15 10-11am: Yoga For Cali 11am-1PM: RUAT
16 6-7PM - TEAM ENDURANCE 7-8pm: Mobility & Flexibility	17 6:30-8pm: Mixed Calisthenics	18 6:30-8pm: Handstands	19 5:30-6:30pm: Mobility & Flexibility 6:30-8pm: Flags/ Pistol Squats 8-9PM - TEAM ENDURANCE	20 X NO CLASS X	21 9-10:30am: Rings/ Handstands 10:30am-12pm: Endurance Cali 12-1PM - TEAM ENDURANCE	22 X NO CLASS X
23 6-7PM - TEAM ENDURANCE 7-8pm: Handstand Practice	24 6:30-8pm: Muscle-Ups	25 6:30-8pm: Flags	26 5:30-6:30pm: Mobility & Flexibility 6:30-8pm: Street Lifting 8-9PM - TEAM ENDURANCE	27 X NO CLASS X	28 9-10:30am: Headstands/ Handstands 10:30am-12pm: Flags 12-1PM - TEAM ENDURANCE	29 X NO CLASS X
30 6-7PM - TEAM ENDURANCE						

 = Main Classes

 = Beginner Classes

 = TEAM ENDURANCE

 = Mobility/ Yoga Classes

 = Rock Up and Train (RUAT)