



# LGSRC GROUP EX

## THANKSGIVING WEEK SCHEDULE

11/25/24 - 11/29/24



**Monday 11/25 - Regular Schedule**

**Tuesday 11/26 - Regular Schedule**

**Subs: 8:00am Foam Rolling & 8:30am-9:30am - Lisa Roper**

**4:00pm-5:00pm Gentle Yoga - Liz**

**Wednesday 11/27 - Evening Classes Cancelled**

**Thursday 11/28 - THANKSGIVING - Club Closed**

**Friday 11/29**

**7:15am-8:15am Cycle Boot Camp with Dolores**

**7:30am-9:00am Master Swim 5,000 yard goal with Nick**

**8:45am-10:15am Drums and Dance with Stacy**

**10:00am-11:00am Water Fitness with Patty**

**10:15am-11:45am Pilates Sculpt Plus with Lisa**

