

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 	<b>2</b> M.A.D. Cardio Drumming 10:30am w/ Rebecca	<b>3</b> Pilates Fusion 6:30pm w/ Candice	<b>4</b> M.A.D. Cardio Drumming 10:30am w/ Jana  <u>No Step</u>	<b>5</b> M.A.D. Cardio Drumming 6:30pm w/ Rebecca	<b>6</b> M.A.D. Cardio Drumming 10:30am w/ Rebecca	<b>7</b> Pilates Fusion 8:00am w/ Candice  Step M.A.D.ness 10:00am w/ Rebecca
<b>NOVEMBER</b> <u>GROUP</u> <u>FITNESS</u> <u>SCHEDULE</u>	<b>9</b> M.A.D. Cardio Drumming 10:30am w/ Rebecca	<b>10</b> Pilates Fusion 6:30pm w/ Candice	<b>11</b> <u>No Cardio</u> <u>Drumming</u>  Step M.A.D.ness 6:30pm w/ Rebecca	<b>12</b> M.A.D. Cardio Drumming 6:30pm w/ Rebecca	<b>13</b> M.A.D. Cardio Drumming 10:30am w/ Rebecca	<b>14</b> Pilates Fusion 8:00am w/ Candice  Step M.A.D.ness 10:00am w/ Rebecca
<b>15</b>	<b>16</b> M.A.D. Cardio Drumming 10:30am w/ Rebecca	<b>17</b> Pilates Fusion 6:30pm w/ Candice	<b>18</b> M.A.D. Cardio Drumming 10:30am w/ Jana  Step M.A.D.ness 6:30pm w/ Rebecca	<b>19</b> M.A.D. Cardio Drumming 6:30pm w/ Rebecca	<b>20</b> M.A.D. Cardio Drumming 10:30am w/ Rebecca	<b>21</b> Pilates Fusion 8:00am w/ Candice  Step M.A.D.ness 10:00am w/ Rebecca
<b>22</b>	<b>23</b> M.A.D. Cardio Drumming 10:30am w/ Jana	<b>24</b> Pilates Fusion 6:30pm w/ Candice	<b>25</b> M.A.D. Cardio Drumming 10:30am w/ Jana  Step M.A.D.ness 6:30pm w/ Rebecca	<b>26</b> <u>Happy</u> <u>Thanksgiving</u> 	<b>27</b> M.A.D. Cardio Drumming 10:30am w/ Rebecca	<b>28</b>  Step M.A.D.ness 10:00am w/ Rebecca
<b>29</b>  <u>Call/Text</u> <u>734-508-6786</u>	<b>30</b> M.A.D. Cardio Drumming 10:30am w/ Rebecca					