

### ZG FITNESS SCHEDULE for NOVEMBER 2020

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME
	Main Rooms	Aerobics Room	Lecture Hall	Support	Main Rooms	Aerobics Room	Lecture Hall	Support
5:30 AM								
6:00 AM		Cardio 30 6-6:30 Dan			Cardio 30 6-6:30 Shaun			
6:30 AM		Weights 30 6:30-7 Dan			Weights 30 6:30-7 Shaun			
7:00 AM								
7:15 AM								
7:30 AM								
7:45 AM		Weights 45 7:30-8:15 Dan			Weights 30 7:30-8:15 Dan			
8:00 AM					Cardio 30 8:30-9 Dan			
8:30 AM		Cardio 30 8:15-8:45 Dan			Weights 45 8:15-8:45 Rose			
8:45 AM					Weights 45 8:30-9:15 Doug			
9:00 AM		Weights 45 8:45-9:30 Dan						
9:15 AM								
9:30 AM		Cardio 30 9:30-10 Shaun	HIT 9:30-10:15 Nick	TaiChiYo 9:30-10:15 Nani				
9:45 AM								
10:00 AM								
10:15 AM								
10:30 AM		Weights 30 10:30-11 Nick						
10:45 AM								
11:00 AM		Cardio 30 11-11:30 Dan						
11:15 AM								
11:30 AM								
11:45 AM								
12:00 PM		Weights 30 12-12:30 Dan						
12:15 PM								
12:30 PM		Cardio 30 12:30-1 Dan						
12:45 PM								
1:00 PM								
1:30 PM								
1:45 PM								
2:00 PM								
2:30 PM								
2:45 PM								
3:00 PM								
3:30 PM								
4:00 PM		Weights 45 4-4:45 Doug						
4:30 PM								
4:45 PM		Cardio 30 4:45-5:15 Nick						
5:00 PM								
5:15 PM								
5:30 PM	WM Lecture (online) 5-6:30 Mudge	Weights 45 5:30-6:15 Nick						
6:00 PM								
6:15 PM								
6:30 PM		Cardio 30 6:15-6:45 Nick						
6:45 PM								
7:00 PM		Weights 30 6:45-7:15 Doug						
7:15 PM		Cardio 30 7:15-7:45 Nick						
7:30 PM								
7:45 PM								
8:00 PM								

**CLOSED**