

JCC FEE-BASED SPECIALTY & SMALL GROUP COACHING SCHEDULE: NOVEMBER 2025						
Sun Oct 26	Mon Oct 27	Tues Oct 28	Wed Oct 29	Thurs Oct 30	Fri Oct 31	Sat Nov 1
	5:45 AM DEKA Fit: Danny Functional Trng Suite			8:00 TRX Circuit: Pam Functional Trng Suite		
9:00 AM MetCon: Gene Functional Trng Suite	10:00 AM SENIOR CIRCUIT: Terri Functional Trng Suite	9:00 AM TRX Circuit: Pam Functional Trng Suite	10:00 MELT Method: Betsy Aerobic Rm		9:00 AM MetCon: Gene Functional Trng Suite	
	11:00 YOGA Coaching Align&Flow Linda: Dance Studio II	11:15 AM YOGA for Healthy Aging Julie: Aerobic Rm	6:00 DEKA Fit: Danny Functional Trng Suite	11:15 AM YOGA for Healthy Aging Julie: Aerobic Rm	11:15 AM Better Strength: Pam Functional Trng Suite	
Sun Nov 2	Mon Nov 3	Tues Nov 4	Wed Nov 5	Thurs Nov 6	Fri Nov 7	Sat Nov 8
	5:45 AM DEKA Fit: Danny Functional Trng Suite		9:00 AM TRX: Pam Functional Trng Suite	8:00 TRX Circuit: Pam Functional Trng Suite		
9:00 AM MetCon: Gene Functional Trng Suite	10:00 AM SENIOR CIRCUIT: Terri Functional Trng Suite	9:00 AM TRX Circuit: Pam Functional Trng Suite	10:00 MELT Method Betsy: Aerobic Rm		9:00 AM MetCon: Gene Functional Trng Suite	
	11:00 YOGA Coaching Align&Flow Linda: Dance Studio II	11:15 AM YOGA for Healthy Aging Julie: Aerobic Rm	6:00 DEKA Fit: Danny Functional Trng Suite	11:15 AM YOGA for Healthy Aging Julie: Aerobic Rm	11:15 AM Better Strength: Pam Functional Trng Suite	
Sun Nov 9	Mon Nov 10	Tues Nov 11	Wed Nov 12	Thurs Nov 13	Fri Nov 14	Sat Nov 15
	5:45 AM DEKA Fit: Danny Functional Trng Suite		9:00 AM TRX: Pam Functional Trng Suite	8:00 TRX Circuit: Pam Functional Trng Suite		
9:00 AM MetCon: Gene Functional Trng Suite	10:00 AM SENIOR CIRCUIT: Terri Functional Trng Suite	9:00 AM TRX Circuit: Pam Functional Trng Suite	10:00 NO MELT		9:00 AM MetCon: Gene Functional Trng Suite	
	11:00 YOGA Coaching Align&Flow Linda: Dance Studio II	11:15 AM YOGA for Healthy Aging Julie: Aerobic Rm	6:00 DEKA Fit: Danny Functional Trng Suite	11:15 AM YOGA for Healthy Aging Julie: Aerobic Rm	11:15 AM Better Strength: Pam Functional Trng Suite	
Sun Nov 16	Mon Nov 17	Tues Nov 18	Wed Nov 19	Thurs Nov 20	Fri Nov 21	Sat Nov 22
	5:45 AM DEKA Fit: Danny Functional Trng Suite		9:00 AM TRX: Pam Functional Trng Suite	8:00 TRX Circuit: Pam Functional Trng Suite		
9:00 AM MetCon: Gene Functional Trng Suite	10:00 AM SENIOR CIRCUIT: Terri Functional Trng Suite	9:00 AM TRX Circuit: Pam Functional Trng Suite	10:00 MELT Method Betsy: Aerobic Rm		9:00 AM MetCon: Gene Functional Trng Suite	
	11:00 YOGA Coaching Align&Flow Linda: Dance Studio II	11:15 AM YOGA for Healthy Aging Julie: Aerobic Rm	6:00 DEKA Fit: Danny Functional Trng Suite	11:15 AM YOGA for Healthy Aging Julie: Aerobic Rm	11:15 AM Better Strength: Pam Functional Trng Suite	
Sun Nov 23	Mon Nov 24	Tues Nov 25	Wed Nov 26	Thurs Nov 27	Fri Nov 28	Sat Nov 29
	5:45 AM DEKA Fit: Danny Functional Trng Suite		9:00 AM TRX: Pam Functional Trng Suite	Thanksgiving 8-12		
9:00 AM MetCon: Gene Functional Trng Suite	10:00 AM SENIOR CIRCUIT: Terri Functional Trng Suite	9:00 AM TRX Circuit: Pam Functional Trng Suite	10:00 MELT Method Betsy: Aerobic Rm		9:00 AM MetCon: Gene Functional Trng Suite	
	11:00 YOGA Coaching Align&Flow Linda: Dance Studio II	11:15 AM YOGA for Healthy Aging Julie: Aerobic Rm	6:00 DEKA Fit: Danny Functional Trng Suite			