



WORKOUT!!!!!!!!!! Sweat it off before packing it on! 😊

MONTH of NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:30 am P90X 6:30 am Yoga 5:30 pm War	2 5:30 am P90-X 10:00 am Silver Fitness 4:30 Ripped	3 5:30 am P90X 5:30 pm WAR	4 5:30 am P90-X 10:00 am Silver Fitness 4:30 Ripped	5 Weekend Warrior 9:00 am BOOTCAMP
6	7 5:30 am P90-X 10:00 am Silver Fitness 5:30 Ripped	8 5:30 am P90X 6:30 am Yoga 5:30 pm War	9 5:30 am P90-X 10:00 am Silver Fitness 4:30 Ripped	10 5:30 am P90X 5:30 pm WAR	11 5:30 am P90-X 10:00 am Silver Fitness 4:30 Ripped	12
13	14 5:30 am P90-X 10:00 am Silver Fitness 5:30 Ripped	15 5:30 am P90X 6:30 an Yoga 5:30 pm War	16 5:30 am P90-X 10:00 am Silver Fitness 4:30 Ripped	17 5:30 am P90X 5:30 pm WAR	18 5:30 am P90-X 10:00 am Silver Fitness 4:30 Ripped	19 Weekend Warrior 9:00 am BOOTCAMP
20	21 5:30 am P90-X 10:00 am Silver Fitness 5:30 Ripped	22 5:30 am P90X 6:30 am Yoga 5:30 pm War	23 5:30 am P90-X 10:00 am Silver Fitness 4:30 Ripped	24  Give Thanks!	25 5:30 am P90-X 10:00 am Silver Fitness 4:30 Ripped	26
27	28 5:30 am P90-X 10:00 am Silver Fitness 5:30 Ripped	29 5:30 am P90X 6:30 am Yoga 5:30 pm War	30 5:30 am P90-X 10:00 am Silver Fitness 4:30 Ripped			