STUDIO 82

NOVEMBER 2026

MON	TUES	WED	THURS	FRI	SAT
9:00 TOTAL BODY WORKOUT CARDIO STRENGTH STRETCH		**9:00** INTERVAL WORKOUT		**9:00** JUST WEIGHTS WHAT EVERY WOMAN NEEDS FOR LONGEVITY	**9:00** TOTAL BODY WORKOUT CARDIO STRENGTH STRETCH
6:00 SPIN **6:45** TOTAL BODY WORKOUT CARDIO STRENGTH STRETCH	**7:30** PILATES & STRENGTH IT'S BACK!!!!!!!	**6:00** PEDAL & STRENGTH 30/30	**6:30** RETRO CARDIO	STUDIO CLOSED THURSDAY 11/26 & FRIDAY 11/27 HAPPY THANKSGIVING!! 	

440-582-4211