WORLD GYM GROUP EXERCISE CALENDAR

November 21

Set the starting date in cell C2. Rows 3 and 4 will automatically update with the correct dates and days of the week.

11/21 MONDAY	11/22 TUESDAY	11/23 WEDNESDAY	11/24 THURSDAY	11/25 FRIDAY	11/26 SATURDAY	11/27 SUNDAY
6:00 am HIIT	6:00 am STRENGTH	6:00 am HIIT	6:00 am STRENGTH	6:00 am BOX FIT		
					7:00 am BOOT CAMP	
					8:30 am PILATES	
9:30 am BOX FIT	9:30 am STRENGTH	9:30 am HIIT	9:30 am HIIT	9:30 am STRENGTH		
	5:30 pm RAM FIT	5:30 pm PILATES		5:30 pm RAM FIT		
6:00 pm STRETCH						
6:30 pm HIIT		6:30 pm ABT	6:30 pm STRENGTH			

Class Descriptions: