


November 2011—Knight Pool

Cortez Benson-CB
 Alecia Porter-AP
 Pamela Sulton-PS
 Anna Viviano (sub)
 Harry Williams-HW

Quote: “Commit to be fit”

Instructors

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12pm WTU/PS	2 5:30pm Ttlbdy/HW	3 12pm WTU/PS 5:30pm Latin/CB	4 9&10am Seniors/PS	5
6	7 9&10am Seniors/PS 5:30pm Cardio/AP	8 12pm WTU/PS	9 5:30pm Ttlbdy/HW	10 12pm WTU/PS 5:30pm Latin/CB	11 Veterans Day NO CLASSES	12
13	14 9&10am Seniors/PS 5:30pm Cardio/AP	15 12pm WTU/PS	16 5:30pm Ttlbdy/HW	17 12pm WTU/PS 5:30pm Latin/CB	18 9&10am Seniors/PS	19
20	21 9&10am Seniors/PS 5:30pm Cardio/AP	22 12pm WTU/PS	23 5:30pm Ttlbdy/HW	24	25	26
27	28 9&10am Seniors/PS 5:30pm Cardio/AP	29 12pm WTU/PS	30 5:30pm Ttlbdy/HW			

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