



November 2019- Customer Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Class Formats</u> DM-Dance Mixx, IDM-Interval Dance Mixx. IF-Interval Fusion, S- Strike, F- Fusion ,FF- Flip Fusion, S30, S45 or S60, Strength classes, Exp-Express- 30 mins & SE Strike Express, BA- Barre Attack. JJ-Junior Jazzercise 4-11yrs TD-Team Dance -12yrs					1 5.45am- IDM 9.00am- DM 10.00am- S30 4.45pm-BA 5.30pm-IF	2 7.15am-S30 8.00am -DM
3 7.30am-BA 8.30am-DM 4.30pm-FF	4 5.45am-F 9.00am-DM 10.00- S30 4.00pm-S45 5.00pm-IDM 6.00pm- FF 6.00pm- S60- Cooroy	5 5.45am-IF 8.30am-S30 9.00am-IDM 3.30pm-JJ 5.15pm S30 6.00pm-IDM	6 5.45am- BA 9.00am- S60 10.00am-E 3.30pm-TD 5.00pm- DM 6.00pm- S60 6.00pm- IDM- Cooroy	7 5.45am-DM 8.30am-S30 9.00am-DM 4.00pm-F 5.00pm- S45 6.00pm- IDM 6.00pm- IF -Cooroy	8 5.45am- IDM 9.00am- DM 10.00am- S30 6.00pm Special Legacy Class	9 7.15am-S30 8.00am -IDM
10 7.30am-BA 8.30am-IDM 4.30pm-IF	11 5.45am-DM 9.00am-IDM 10.00- S30 4.00pm-S45 5.00pm-S 6.00pm-IF 6.00pm- S60- Cooroy	12 5.45am-IDM 8.30am-S30 9.00am-S 3.30pm-JJ 5.15pm S30 6.00pm-DM	13 5.45am- BA 9.00am- S60 10.00am-E-Strike 3.30pm-TD 5.00pm- IDM 6.00pm- S60 6.00pm- IDM- Cooroy	14 5.45am-IF 8.30am-S30 9.00am-DM 4.00pm-IDM 5.00pm- S45 6.00pm- IF 6.00pm- IF -Cooroy	15 5.45am-F 9.00am-DM 10.00am- S30 4.45pm-BA 5.30pm-FF	16 7.15am-S30 8.00am -DM
17 7.30am-BA 8.30am-IF 4.30pm-S	18 5.45am-F 9.00am-DM 10.00- S30 4.00pm-S45 5.00pm-DM 6.00pm- FF 6.00pm- S60- Cooroy	19 5.45am-DM 8.30am-S30 9.00am-F 3.30pm-JJ 5.15pm S30 6.00pm-F	20 5.45am- BA 9.00am- S60 10.00am-E 3.30pm-TD 5.00pm- S 6.00pm- S60 6.00pm- IDM- Cooroy	21 5.45am-DM 8.30am-S30 9.00am-DM 4.00pm-IF 5.00pm- S45 6.00pm- DM 6.00pm- IF -Cooroy	22 5.45am-DM 9.00am-IDM 10.00am- S30 4.45pm-BA 5.30pm-F	23 7.15am-S30 8.00am -DM Jazzercise Christmas Party
24 7.30am-BA 8.30am-DM 4.30pm-DM	25 5.45am-F 9.00am-DM 10.00- S30 4.00pm-S45 5.00pm-IDM 6.00pm-IF 6.00pm- S60- Cooroy	26 5.45am-DM 8.30am-S30 9.00am-DM 3.30pm-JJ 5.15pm S30 6.00pm-S	27 5.45am- BA 9.00am- S60 10.00am-E-Strike 3.30pm-TD 5.00pm- DM 6.00pm-S60 6.00pm- IDM- Cooroy	28 5.45am-IF 8.30am-S30 9.00am-DM 4.00pm-DM 5.00pm- S45 6.00pm- F 6.00pm- IF -Cooroy	29 5.45am- DM 9.00am-F 10.00am- S30 4.45pm-BA 5.30pm-IDM	30 7.15am-S30 8.00am -IDM