

Thanksgiving GroupFit Schedule

GHF Main

11/24 Wednesday

Last Class 5:45 - 6:45pm Body Combat

Aqua

No evening classes

11/25 Thursday

Closed

11/26 Friday

Turkey Buster

10 - 10:30am – Body Combat with Colleen Andrews

10:30 - 11:00am – CORE with Colleen Andrews

11 – 11:30am – Body Flow with Ping Jian

Cycle

9-10:30 am - We love the 80's!



Full schedules at ghfc.com/classes