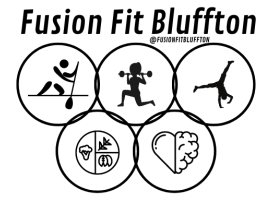


NOVEMBER 2022

Times may vary. Sign up in our app "Schedulicity". Find us on social media @Stand_and_Paddle or @FusionFitBluffton. Learn more at Fusionfitgym.com or standandpaddle.com



SUN	MON	TUE	WED	THU	FRI	SAT
<p><u>Locations</u></p> <p>Small Group Personal Training > Cynergy Gymnastics, Ninja, Fusion Classes > The Zone Paddle boarding > Bluffton Oyster Factory Dock Personal Training > Cynergy or Hardeeville Rec</p>		<p>1</p> <p>Lowcountry TNRL 6 pm</p> <p>Small Group Personal Training, 5:15 pm</p>	<p>2</p> <p>Small Group Personal Training 6:30 OR 8:30 am</p>	<p>3</p> <p>Small Group Personal Training, 5:15 pm</p>	<p>4</p> <p>Small Group Personal Training 6:30 am</p>	<p>5</p> <p>Small Group Personal Training 8:30 am</p>
<p>6</p> <p>Paddle Fused Fitness</p> <p>Paddle Practice</p> <p>Sandbar SUP Beach Bootcamp, 12 noon</p>	<p>7</p> <p>Small Group Personal Training 6:30 OR 8:30 am</p> <p>Adult Gymnastics, 10:30 am</p> <p>Adult Gymnastics Strength + Conditioning Class</p> <p>Adult Gymnastics, 6:30 pm</p> <p>November Full Moon Paddle, 4:45 pm</p>	<p>8</p> <p>NinjaFit for Adults</p> <p>Lowcountry TNRL 6 pm</p> <p>Small Group Personal Training, 5:15 pm</p>	<p>9</p> <p>Small Group Personal Training 6:30 OR 8:30 am</p> <p>Core Fusion</p> <p>NinjaFit for Adults</p> <p>Mobilize2Recover</p>	<p>10</p> <p>Small Group Personal Training, 5:15 pm</p>	<p>11</p> <p>Small Group Personal Training 6:30 am</p>	<p>12</p> <p>Small Group Personal Training 8:30 am</p>
<p>13</p> <p>Paddle Fused Fitness</p> <p>Paddle Practice</p>	<p>14</p> <p>Small Group Personal Training 6:30 OR 8:30 am</p> <p>Adult Gymnastics, 10:30 am</p> <p>Adult Gymnastics Strength + Conditioning Class</p> <p>Adult Gymnastics, 6:30 pm</p>	<p>15</p> <p>NinjaFit for Adults</p> <p>Lowcountry TNRL 6 pm</p> <p>Small Group Personal Training, 5:15 pm</p>	<p>16</p> <p>Small Group Personal Training 6:30 OR 8:30 am</p> <p>Balance Board Fit</p> <p>NinjaFit for Adults</p> <p>Mobilize2Recover</p>	<p>17</p> <p>Small Group Personal Training, 5:15 pm</p>	<p>18</p> <p>Small Group Personal Training 6:30 am</p>	<p>19</p> <p>Small Group Personal Training 8:30 am</p>
<p>20</p> <p>Paddle Fused Fitness</p> <p>Paddle Practice</p> <p>Sandbar SUP Beach Bootcamp, 11:30 am</p>	<p>21</p> <p>Small Group Personal Training 6:30 OR 8:30 am</p> <p>Adult Gymnastics, 10:30 am</p> <p>Adult Gymnastics Strength + Conditioning Class</p> <p>Adult Gymnastics, 6:30 pm</p>	<p>22</p> <p>NinjaFit for Adults</p> <p>Lowcountry TNRL 6 pm</p> <p>Small Group Personal Training, 5:15 pm</p>	<p>23</p> <p>Small Group Personal Training 6:30 OR 8:30 am</p> <p>Core Fusion</p> <p>NinjaFit for Adults</p> <p>Mobilize2Recover</p>	<p>24</p> <p>NO Classes</p> <p>Happy Thanksgiving!</p> <p>Thanksgiving Day Turkey Chase 5K</p> <p>Thanksgiving Day Paddle Social</p>	<p>25</p> <p>Small Group Personal Training 6:30 am</p> <p>Sandbar SUP Beach Bootcamp, 3 pm</p>	<p>26</p> <p>Small Group Personal Training 8:30 am</p> <p>Annual Member Friendsgiving Holiday Party</p>
<p>27</p> <p>Paddle Fused Fitness</p> <p>Paddle Practice</p>	<p>28</p> <p>Small Group Personal Training 6:30 OR 8:30 am</p> <p>Adult Gymnastics, 10:30 am</p> <p>Adult Gymnastics Strength + Conditioning Class</p> <p>Adult Gymnastics, 6:30 pm</p>	<p>29</p> <p>Lowcountry TNRL 6 pm</p> <p>Small Group Personal Training, 5:15 pm</p>	<p>30</p> <p>Small Group Personal Training 6:30 OR 8:30 am</p> <p>Balance Board Fit</p> <p>NinjaFit for Adults</p> <p>Mobilize2Recover</p>	<p>For Personal Training, Training Programs, Private SUP Lessons + Guided Paddles, Nutrition + Lifestyle Coaching, Corporate Wellness or Team Building events contact Rachel Cantore at: FusionFitBluffton@gmail.com PaddleFusedFitness@gmail.com or 630-300-8289</p>		