

# 2020 FALL VIRTUAL FITNESS SCHEDULE

FALL SEASON  
ENDS NOV. 6

AREA 26 VIRTUAL CLASSES

AREA 26 FALL TEAM  
PRACTICES

<https://novasova.org/virtual-classes>  
<https://novasova.org/fall-team-virtual-practice-schedules>

CLASSES	DAY OF THE WEEK	ZOOM LINK	STARTING	ENDING
ZUMBA (COACH KATHERINE)	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday	<a href="https://zoom.us/j/99145695955">HTTPS://ZOOM.US/J/99145695955</a>	4:30PM	5:15PM
YOGA (COACH HILLARY)	Every Thursday	<a href="https://zoom.us/j/92252072551">HTTPS://ZOOM.US/J/92252072551</a>	6:00PM	6:30PM
BOOTCAMP (COACH ABBY)	Every 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday	<a href="https://zoom.us/j/97667458124">HTTPS://ZOOM.US/J/97667458124</a>	7:00PM	7:45PM
DANCE PARTY	Every Friday	<a href="https://zoom.us/j/92654636081">HTTPS://ZOOM.US/J/92654636081</a>	4:00PM	4:45PM
ARTS AND CRAFTS	1 <sup>st</sup> Sunday of the month	<a href="https://novasova.org/virtual-companions">HTTPS://NOVASOVA.ORG/VIRTUAL-COMPANIONS</a>	2:00PM	
BASH BOXING	Coming in October!		TBD	
TEAM PRACTICES	Saturday/Sunday	<a href="https://novasova.org/fall-team-virtual-practice-schedules">HTTPS://NOVASOVA.ORG/FALL-TEAM-VIRTUAL-PRACTICE-SCHEDULES</a>	Varies times	

SEPTEMBER 2020							OCTOBER 2020							NOVEMBER 2020							DECEMBER 2020						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
	1	2	3	4	5	6				1	2	3	4							1		1	2	3	4	5	6
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
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