


# NOVEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <a href="http://www.UPMAFC.com">www.UPMAFC.com</a> 407-826-1994	BEING <b>HEALTHY</b> AND <b>FIT</b> ISN'T A FAD OR A TREND. IT'S A <i>Lifestyle.</i> <small>Get Healthy with Heather Montgomery   @WomenDream.com</small>	happy healthy parents <i>make</i> happy healthy children. <small>Dr. Maria Steppud</small>	1  <b>INSANITY</b> 7 PM - 8 PM	2  <b>Kickboxing</b> 7:00 PM – 8:00 PM <b>INSANITY</b> 7:30 PM – 8:30 PM	THE FACT THAT YOU AREN'T WHERE YOU WANT TO BE, SHOULD BE ENOUGH MOTIVATION.	4  <b>INSANITY</b> 10 AM to 11 AM
<b>KICKBOXING</b> 	6  <b>INSANITY</b> 7 PM - 8 PM	7  <b>HIP HOP            DANCE</b> 6:00 PM - 7:00 PM	8  <b>INSANITY</b> 7 PM - 8 PM	9  <b>Kickboxing</b> 7:00 PM – 8:00 PM <b>INSANITY</b> 7:30 PM – 8:30 PM	“EXCUSES DON'T GET RESULTS.”	11  <b>INSANITY</b> 10 AM to 11 AM
FIND OUT WHAT YOU ARE MADE OF  	13  <b>INSANITY</b> 7 PM - 8 PM	14  <b>HIP HOP            DANCE</b> 6:00 PM - 7:00 PM	15  <b>INSANITY</b> 7 PM - 8 PM	16  <b>Kickboxing</b> 7:00 PM – 8:00 PM <b>INSANITY</b> 7:30 PM – 8:30 PM		18  <b>INSANITY</b> 10 AM to 11 AM
<b>HIP HOP            DANCE</b> 	20  <b>INSANITY</b> 7 PM - 8 PM	21  <b>HIP HOP            DANCE</b> 6:00 PM - 7:00 PM	22  <b>INSANITY</b> 7 PM - 8 PM	23  <b>Kickboxing</b> 7:00 PM – 8:00 PM <b>INSANITY</b> 7:30 PM – 8:30 PM		25  <b>INSANITY</b> 10 AM to 11 AM
	27  <b>INSANITY</b> 7 PM - 8 PM	28  <b>HIP HOP            DANCE</b> 6:00 PM - 7:00 PM	29  <b>INSANITY</b> 7 PM - 8 PM	30  <b>Kickboxing</b> 7:00 PM – 8:00 PM <b>INSANITY</b> 7:30 PM – 8:30 PM	<b>NO</b>  <b>JOINING FEES</b>	