| [◄ Oct 2022](https://www.wincalendar.com/Holiday-Calendar/October-2022" \o "October 2022) | **November 2022** | | | | | [Dec 2022 ►](https://www.wincalendar.com/Holiday-Calendar/December-2022) |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  | 1  **10:00am -1:30pm Parents**  **10:00am-7:00pm Employees** | 2  **10:00am -1:30pm Parents**  **10:00am-7:00pm Employees** | 3  **7:00am – 1:30pm Parents**  **7:00am-4:00pm Employees** | 4  **7:00am -12:00pm Parents & Employees** | 5 |
| 6 | 7  **10:00am -1:30pm Parents**  **10:00am-7:00pm Employees** | 8  **10:00am -1:30pm Parents**  **10:00am-7:00pm Employees** | 9  **10:00am -1:30pm Parents**  **10:00am-7:00pm Employees** | 10  **7:00am – 1:30pm Parents**  **7:00am-4:00pm Employees** | 11  **7:00am -12:00pm Parents & Employees** | 12 |
| 13 | 14  **10:00am -1:30pm Parents**  **10:00am-7:00pm Employees** | 15  **10:00am -1:30pm Parents**  **10:00am-7:00pm Employees** | 16  **10:00am -1:30pm Parents**  **10:00am-7:00pm Employees** | 17  **7:00am – 1:30pm Parents**  **7:00am-4:00pm Employees** | 18  **7:00am -12:00pm Parents & Employees** | 19 |
| 20 | 21  **Gym Closed**  **Thanksgiving Holiday** | 22  **Gym Closed**  **Thanksgiving Holiday** | 23  **Gym Closed**  **Thanksgiving Holiday** | 24  **Gym Closed**  **Thanksgiving Holiday** | 25  **Gym Closed**  **Thanksgiving Holiday** | 26 |
| 27 | 28  **10:00am -1:30pm Parents**  **10:00am-7:00pm Employees** | 29  **10:00am -1:30pm Parents**  **10:00am-7:00pm Employees** | 30  **10:00am -1:30pm Parents**  **10:00am-7:00pm Employees** |  | | |

**Employees are welcome to come at any time during regular gym hours.**

BISD Wellness Fitness Center 1 Blvd of Champions Brownsville, Texas 78520 (956) 698-0194

**Schedule is subject to change.**

**Exercise Classes**

**Zumba 12:00noon Monday and Wednesday**

**Yoga 6:00pm Tuesday and Thursday**

**\*Gym closes from 2:00pm – 3:00pm M-TH for lunch**



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