

NOVEMBER 2026

WESTSIDE FITNESS 24
Lake of the Ozarks
Sunrise Beach, MO

SUN	MON	TUE	WED	THU	FRI	SAT
1 Denver 3:30pm True Value HARDWARE STORES	2 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	3 Cycling 8am Buffy Stretch 9am Kate No Yoga	4 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	5 Cycling 8:15am Buffy Stretch 9am Megan No Yoga	6 STATIONS FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	7 YOGA-Stretch 8:45am Kiersten
8 Noon PIRATES POINT .COM	9 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	10 Cycling 8am Buffy Stretch 9am Kate No Yoga	11 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	12 Cycling 8:15am Buffy Stretch 9am Megan No Yoga	13 STATIONS FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	14 YOGA-Stretch 8:45am Kiersten
15 Noon CLARY 573-374-5100 CONCRETE	16 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	17 Cycling 8am Buffy Stretch 9am Kate No Yoga	18 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	19 Cycling 8:15am Buffy Stretch 9am Megan No Yoga	20 STATIONS FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	21 NO YOGA Today
22 Noon Bullock Septic Pumping 573-374-6688	23 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	24 Cycling 8am Buffy Stretch 9am Kate No Yoga	25 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	26 7:15pm No Classes HAPPY thanksgiving	27 FSC 9:00am Buffy Black Friday 20% OFF All Retail Items	28 NO YOGA Today
29 Tufts Electric, LLC "We Know The Drill" Dock Inspections, Dock Wiring, Remodels, Residential & Commercial Rickey's Asphalt Sealing	30 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	FSC - Functional Strength and Conditioning is a 45 min. group fitness class for all ages and fitness levels. Buffy and Megan coach movements for a better life. Intro to FSC: 30 min. for anyone new to Group Fitness. Stretch Class: full-body stretch to improve mobility & flexibility.				Sunrise Sourdough LLC Artisan Breads & Micro-Bakery PRE-ORDERS AVAILABLE 563-608-1276 Facebook: Sunrise Sourdough LLC

Thank You to Rickey's Asphalt for the Parking Lot