

Club Life

November 2026 • Fremont







Moments Worth Sharing

'Tis the Season.

Club Highlights

Fall Break Camps

Give the kids something extra to celebrate with creative activities, time with friends, and festive fun at camp. Enroll on Connect under Camps.

Pilates & Barre Friendsgiving

On November 8, enjoy a special Friendsgiving fusion class blending core-focused Pilates with high-repetition Barre movements. Enroll on Connect.

Gratitude Social

Celebrate the season of gratitude with fall-inspired treats and good company at our member social on November 23.
No registration required.

Toys for Tots Holiday Happiness Toy Drive

Starting 11/9, share the gift of joy by bringing a new, unwrapped toy to the Club or scanning the QR code to donate online.

November 2026

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Daylight Saving Ends** Heated Vinyasa Yoga 8:00 am-8:50 am Aqua Fit 9:00 am-9:50 am Hatha Yoga 10:00 am-10:50 am	2 Strength Conditioning 6:15 am-7:05 am Strong Nation 9:00 am-9:50 am LaBlast Chair 11:00 am-11:50 am	3 Road Ride 8:00 am-8:50 am Zumba 10:00 am-10:50 am Bars & Bells: Lower Body + Core 4:30 pm-5:20 pm	4 Heated Yoga Sculpt 8:00 am-8:50 am Pilates Core for Athletes 11:00 am-11:50 am Bars & Bells: Upper Body + Core 4:30 pm-5:20 pm	5 Group Power 7:45 am-8:35 am HIIT 9:00 am-9:50 am MixxedFit 10:00 am-10:50 am	6 Rise & Ride 7:30 am-8:20 am Kickboxing Express 9:00 am-9:50 am BomBay Jam Diwali Celebration 11:30 am-12:20 pm	7 Strength Fundamentals 9:30 am-10:30 am Vinyasa Yoga 10:00 am-11:15 am Heated HITT 12:00 pm-12:50 pm
8 Mobility & Movement 9:00 am-9:25 am Road Ride 9:00 am-9:50 am Tai Chi 11:30 am-12:20 pm	9 Brazilian Beats 9:00 am-9:50 am Vinyasa Yoga 10:10 am -11:00 pm UJAM 5:30 pm-6:20 pm	10 Boot Camp 6:15 am-7:05 am Balance Sculpt 9:00 am-9:50 am Heated Pop Pilates 11:00 am-11:50 am	11 **Veterans Day** Pure Strength 9:00 am-9:50 am Aqua Fit 9:10 am -10:00 am Performance Cycle 5:30 pm-6:20 pm	12 Heated Balance Sculpt 11:00 am-11:50 am Family Yoga 4:15 pm-5:05 pm Heated Power Barre 5:00 pm-5:50 pm	13 Adaptive Tai Chi Flow 4:30 pm -5:20 pm IGNITE 5:00 pm-5:50 pm Stretch & Restore 7:00 pm-7:50 pm	14 Zumba 9:00 am-9:50 am Strength Fundamentals 9:30 am-10:30 am Kardio Kickboxing 10:15 am-11:05 am
15 Heated Barre Fusion 10:00 am-10:50 am BomBay Jam 11:00 am-11:50 am BomBay Jam Diwali Celebration 11:30 am-12:20 pm	16 Barre 8:00 am-8:50 am Aqua Fit 9:10 am-10:00 am Heated Yin Yoga 5:30 pm-6:20 pm	17 Heated Vinyasa Yoga 9:00 am-9:50 am CIRCL Mobility 11:00 am-11:50 am Power Kickboxing with Bags 5:30 pm-6:20 pm	18 Pure Strength 9:00 am-9:50 am Chair Conditioning 11:00 am-11:50 am Body Blast 5:30 pm-6:20 pm	19 LaBlast Silk 11:00 am-11:50 am Pop Pilates 4:30 pm-5:20 pm Combat Sports Training 7:00 pm-7:50 pm	20 Boot Camp 6:15 am-7:05 am Strength Conditioning 9:00 am-9:50 am Pilates Unreformed Flow 11:30 am-12:20 pm	21 Strength Fundamentals 9:30 am-10:30 am Shakti Yoga Flow 10:15 am-11:30 am Family Yoga 11:30 am-12:20 pm
22 UJAM 9:00 am-9:50 am Core & Stretch 10:00 am-10:50 am BomBay Jam 11:00 am-11:50 am	23 Heated Vinyasa Yoga 6:15 am-7:05 am LaBlast Dance Fitness 10:00 am-10:50 am Heated Mat Pilates 4:30 pm-5:20 pm	24 DeepWork 11:30 am-12:20 pm Pure Strength 12:00 pm-12:50 pm Yin Yoga 5:30 pm-6:20 pm	25 Fusion Qigong Core & Vo Vi Breathing Meditation 5:30 pm-6:20 pm Cardio Kickboxing 6:40 pm-7:30 pm Sets & Reps 7:45 pm-8:35 pm	26 **Thanksgiving Day** Holiday Hours 6:00 am-2:00 pm Vinyasa Yoga 10:00 am-10:50 am	27 Vinyasa Yoga 10:00 am-11:15 am Road Ride 4:00 pm-4:50 pm Pop Pilates 4:00 pm-4:50 pm	28 DeepWork 7:45 am-8:35 am Morning Vinyasa Flow 8:00 am-8:50 am Strength Fundamentals 9:30 am-10:30 am
29 Yoga Flow & Recovery Stretch 9:00 am-9:50 am BomBay Jam 11:00 am-11:50 am Heated Yin Yoga 11:00 am-11:50 am	30 Heated Mat Pilates 4:00 pm-4:50 pm Power Cycling 6:30 pm-7:20 pm Heated Vinyasa Power Flow 7:45 pm-8:35 pm	1	2	3	**November Member Perks** This month is all about giving. Choose a cause close to your heart from our curated list of charitable partners.	

Activities and classes are subject to change at any time. Check Bay Club Connect for the latest updates, or contact the Front Desk if you have any questions.