



Sisseton Wahpeton Oyate Diabetes Center

NOVEMBER 2025



Physical activity classes & events for the month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
hours: monday - friday 6am-7pm saturday 10am - 4pm sunday closed			Diabetes Awareness Conference November 20th			intro to weightlifting 1 1:00pm-2:00pm
2	3 HIIT 12:10pm-12:50pm	4 step & tone 12:15pm-12:45pm intro to dumbbells 5:45pm-6:30pm	5 tabata 12:10pm-12:50pm functional movement 5:45pm-6:30pm	6 circuit training 12:10pm-12:50pm core strength 5:45pm-6:30pm	7 spin/core 12:10pm-12:50pm HIIT 5:45pm-6:30pm	8 intro to weightlifting 1:00pm-2:00pm
9	10 HIIT 12:10pm-12:50pm	11 bike & build 12:15pm-12:45pm	12 tabata 12:10pm-12:50pm functional movement 5:45pm-6:30pm	13 circuit training 12:10pm-12:50pm core strength 5:45pm-6:30pm	14 spin/core 12:10pm-12:50pm HIIT 5:45pm-6:30pm	15 intro to weightlifting 1:00pm-2:00pm
16	17 HIIT 12:10pm-12:50pm	18 step & tone 12:15pm-12:45pm intro to dumbbells 5:45pm-6:30pm	19 tabata 12:10pm-12:50pm functional movement 5:45pm-6:30pm	20 DIABETES AWARENESS CONFERENCE circuit training 12:10pm-12:50pm core strength 5:45pm-6:30pm	21 spin/core 12:10pm-12:50pm HIIT 5:45pm-6:30pm	22 intro to weightlifting 1:00pm-2:00pm
23	24 TURKEY TROT HIIT 12:10pm-12:50pm	25 bike & build 12:15pm-12:45pm intro to dumbbells 5:45pm-6:30pm	26	27 Sorry, We're CLOSED	28	29 intro to weightlifting 1:00pm-2:00pm
30						phone # 605-698-3922