

NOVEMBER 2026



SUN	MON	TUE	WED	THU	FRI	SAT
1 Walk20: AT 9/9/26 YF10: DM 10/1/26	**2** C10: CG 8/15/26 G&L10: BA 8/9/26 G&L20: JTR 8/10/26	**3** C10: TO 8/21/26 C&B20: AA 10/9/26 A&S10: SS 7/25/26	**4** Pilates15: GD 9/25/26 FB20: KW 9/25/26	**5** FR10: RK 9/17/26 Mo10: RK 9/3/26	**6** C10: KW 9/8/26 Pilates10: GD 8/21/26 G&L20: AS 9/3/26	**7** C10: SS 8/24/26 C&B10: AS 10/7/26 A&S20: TO 8/30/26
8 Walk15: RA 8/19/26 YF20: CJR 10/8/26	**9** C10: OA 8/26/26 G&L10: CG 8/16/26 G&L20: KW 9/16/26	**10** C10: RK 8/25/26 Upper20: ZN 10/6/26 A&S10: KW 9/30/26	**11** Pilates20 Aditi 10/1/26 Flash15: JS 8/24/26	**12** FR15: HC 8/21/26 Mo10: AS 8/20/26	**13** C10: KW 8/20/26 Pilates10: JR 8/27/26 G&L20: CG 9/18/26	**14** C10: JJ 8/27/26 Upper20: JJ 8/13/26 A&S10: SS 9/11/26
15 Walk20: JTR 9/9/26 YF10: CJR 9/17/26	**16** C10: SS 9/12/26 G&L10: JJ 8/27/26 G&L20: RK 9/10/26	**17** C10: EL 9/2/26 Upper20: AS 9/17/26	**18** Pilates15: JR 8/27/26 FB20: RA 9/4/26	**19** FR10: RK 11/20/25 Mo10: AW 12/4/25	**20** C10: RA 9/11/26 Pilates10: Aditi 9/24/26 G&L20: AW 9/26/26	**21** C10: BA 8/31/26 Upper10: BA 8/30/26 Upper20: CG 9/7/26
22 Walk15: JTR 8/19/26 YF20: DM 10/8/26	**23** C10: CG 8/15/26 G&L10: BA 8/9/26 G&L20: JTR 8/10/26	**24** C10: TO 8/21/26 C&B20: AA 10/9/26 A&S10: SS 7/25/26	**25** Pilates15: GD 9/25/26 FB20: KW 9/25/26	**26** RY15: Aditi 10/7/26 Happy THANKSGIVING	**27** C10: KW 9/8/26 Pilates10: GD 8/21/26 G&L20: AS 9/3/26	**28** C10: SS 8/24/26 C&B10: AS 10/7/26 A&S20: TO 8/30/26
29 Walk20: SS 8/19/26 YF10: CJR 10/5/26	**30** C10: ZN 8/22/26 G&L10: MM 8/18/26 G&L20: RA 9/9/26	**PAY #HARDCORE** **Zelle: triplegfitness** **Venmo: nicoletripleGfitness** **Paypal (LINKED)**		**PAY #HARDCORE** **Zelle: triplegfitness** **Venmo: nicoletripleGfitness** **Paypal (LINKED)**		**PAY #HARDCORE** **Zelle: triplegfitness** **Venmo: nicoletripleGfitness** **Paypal (LINKED)**

Disclaimer and Notice

Please review the following carefully. The purpose of this DISCLAIMER AND NOTICE is to make you conscious of the potential risks connected with activity in any exercise, physical fitness or training program. And to help you make an informed decision about whether you should participate in these activities. By using the #hardCORE on the Floor Calendar ("Calendar"), you recognize that exercise might be difficult and strenuous and that there could be dangers inherent in exercise for some individuals.

To reduce and avoid injury, you should seek an examination by a physician before beginning any fitness program. If you have chosen not to obtain a physician's permission prior to beginning Calendar program, you agree that you are doing so at your own risk. By using the Calendar, you assume the risks associated with any and all activities and/or exercises in which you participate. No warranties or representation are made regarding the results you will achieve from following the exercise in the Calendar. The results are individual and may vary.

Nicole Gonzalez expressly disclaims liability for all damages and assumes no liability or responsibility for any loss, injury, or damage suffered by any person as a result of the use, misuse of the exercise plan in the Calendar.

By choosing to use the Calendar, you hereby agree to release, discharge, indemnify, and hold harmless, Nicole Gonzalez, against any loss, liability, damage, claim, cause of action, known or unknown cost, or expense of any nature whatsoever, including without limitation reasonable attorneys' fees and other legal costs arising from the content of this website.

Rules & Policies

1. There is a zero tolerance policy for any solicitation, your post will be deleted instantly and if you continue to post items that go against our rules, you will be removed.
2. Poaching of members to create subgroups is not allowed. If a subgroup is formed, it is not affiliated with the official HCOTF group. If subgroups are posting the calendar, they do not have permission to do so.
3. We LOVE seeing progress pictures, but please remember, this is the internet and keep it tasteful- anything flagrant will be deleted immediately and continued posts will result in removal from the group. We take this VERY seriously and we want everyone to feel comfortable. AKA, if you are just going to post bra pictures with no content, it's likely going to be removed.
4. No tolerance for sexualization of any of the instructors. We know, they're all GORGEOUS, but this isn't the place to post drooling comments.
5. Posts that are reported numerous times for violating rules will be deleted. We try to reach out to those whose posts are being deleted, but we cannot always do this.
6. We have hundreds of posts, so try searching the group for a question you may have because you're very likely to find the answer already.
7. If you don't want to follow the calendar, that's totally cool or if you have an aversion to something that is assigned for the day, feel free to substitute. Just do me a favor, TRY something new as you may surprise yourself. Also, please do NOT post about how hard a class way or complain, you will deter others from trying things they may excel at.
8. Admins and moderators are VOLUNTEERS, aka unpaid, and we are doing this out of the kindness of our hearts because we love Peloton, helping people get stronger, and being part of this amazing community. We have grown by THOUSANDS and there are only 2 of us trying to keep it moving, so please be kind, patient, and loving. Negative or questionable posts (or those with nasty comments) will be deleted, no questions asked, because we only allow good vibes here.
9. If you do not like an instructor or a class, please keep it classy here. This isn't a bashing wall and your posts will be removed if there's any question of intent. We have nothing but the utmost love and respect for everyone at Peloton and you wouldn't want someone criticizing everything you do and you are not welcome to do that here. Words on the internet remain and you also don't know who resides within our members.
10. This is not the place to ask for medical/injury advice. We implore you to seek out a PT or PCP should you get injured or are recovering from ANYTHING (covid, surgery, etc). We will hold your hand through your recovery, but we will not provide medical advice in any shape or form.
11. This is not a diet forum. We do not want to lose sight of our original mission of discussing workouts and committing to strength training. If you need diet advice, there are hundreds of forums to seek out. We understand that diet and exercise are related, but this just is not the forum to discuss eating and menus.
12. No snark, passive-aggressive, sarcastic, annoyed, rude comments will not be tolerated. If someone asks a question you want to be nasty about, keep it to yourself otherwise you will be removed from our group. We want everyone to feel comfortable to ask a question without getting crucified because you may not agree with something. If you want to be nasty, please find somewhere else to exert that energy because it's not welcome here.

Misc.

1. Follow me on Instagram @hcotf2018. I post stacks and am able to interact much easier.
2. Add #hardCORE (capitalize core) to your LB profile to workout with all of our crew. We are showing up in FORCE.
3. Donations toward the calendar can be made on Venmo @nicoletripleGfitness or PayPal (click link).
4. Check out hcotf.com to access the calendar without using social media.

Instructor key

AA: Assal Arian
Aditi: Aditi Shah
AG: Anna Greenberg
AL: Ally Love
AS: Andy Speer
AT: Alex Toussaint
AW: Adrian Williams
BA: Ben Alldis
BG: Becs Gentry
BR: Bradley Rose
CG: Callie Gullickson
CDE: Christine D'Ercole
CRa: Camila Ramon
CJR: Chelsea J. Roberts
CR: Cody Rigsby
CT: Chase Tucker
DM: Denis Morton
EJ: Erik Jager
EL: Emma Lovewell
GD: Greta Dopp
HC: Hannah Corbin
HF: Hannah Frankson
Jenn: Jenn Sherman
JJ: Jermaine Johnson
JK: Jess King
JR: Johanna Ricouz
JS: Jess Sims
JH: Jon Hosking
JTR: Joslyn Thompson Rule
KW: Katie Wang
KT: Kendall Toole
Kirra: Kirra Michel
KF: Kirsten Ferguson
KM: Kristin McGee
LA: Logan Aldridge
LH: Leeanne Hainsby
Mila: Mila Lazar
MD: Marcel Dinkens
MM: Matty Maggiacomo
NS: Nico Sarani
OA: Olivia Amato
RA: Robin Arzon
RK: Rebecca Kennedy
RL: Rad Lopez
RR: Ross Rayburn
SS: Selena Samuela
SC: Susie Chan
SY: Sam Yo
TO: Tunde Oyeneyin
ZN: Zacharias Niedzwiecki

Non-PZ Run/Ride/Row Pairings:

Monday: 20-30m. HIIT/Intervals/Tabata

Tuesday: 20-30m. Low Impact

Wednesday: Your choice- whatever is FUN!

Thursday: 20-30m. Low Impact

Friday: 20-30m. HIIT/Intervals/Tabata

Saturday: Your choice- whatever is FUN!

Sunday: 20-30m. Low Impact/Recovery

Power Zone (PZ) Ride Pairings:

Monday: R1

Tuesday: AR (optional)

Wednesday: R2

Thursday: AR (optional)

Friday: R4 or AR (optional)

Saturday: R3 Long PZ/PZE

these are Power Zone suggestions

****AR= additional ride**

#HARDCORE KEY

UPPER BODY	LOWER BODY	CARDIO	BARRE/PILATES	YOGA/STRETCH/ MOBILITY/ MEDITATION	MISC. STRENGTH
A&S10/20 10/20m arms & shoulders **ALW10** 10m arms & light weights **C&B10/20** 10/20m chest & back **Upper10/20** 10/20m UpperBody	**G&L10/20** 10/20m glutes & legs	**HIIT10/15/20** 10/15/20m HIIT cardio **SBX10/15/20** 10/15/20m shadowboxing **SBXBC20/30** 20/30m shadowboxing bootcamp **LIC10/15/20** 10/15/20m low impact cardio	**Barre10/15/20** 10/15/20m barre **Pilates10/15/20** 10/15/20m pilates	**YD10/20** 10/20m yoga drills **RY10/20** 10/20m restorative yoga **YF5/10/20** 5/10/20 m yoga flow **YC10/15/20** 10/15/20m yoga conditioning *body specific **M** meditation **Mo** mobility **FR** foam roll	**FB 10/15/20** 10/15/20m full body **BW10/20** 10/20m bodyweight **C5/10/15/20** 5/10/15/20m core **Flash15** 15m full body **SFR10** 10m strength for runners **Walk20** 20m outdoor walk **ADP10/20** 10/20m Adaptive **Pilates10/15/20** 10/15/20m Pilates