

October 2017

GROUP FITNESS

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	9:00am Cardio Fusion-Doris 10:00am TBS-Doris 11:10am Yoga-Emmy 4:30pm Cardio Fusion-Doris 5:30pm HIIT/Glutes/ABS-Krystal 6:40pm Yoga-Emmy	5:30am Burn/Firm-Kahne 9:00am Pump & Crunch-Doris 10:00am Tap-Pam *11am-11:30am Beginner Tap Only 12:00 Move. Laugh. Connect 4:30pm HIIT/Glutes/ABS-Tabatha 5:30pm Zumba@-Angie	9:00am RIPPED-Doris 10:00am TBS-Doris 11:10am Yoga-Camille 4:30pm Core Fusion-Tabatha 5:30pm RIPPED-Rebekah	5:30am TBS-Haley 9:00am Core Fusion-Doris 10:00am Pilates/Yoga Sculpting-Pam 12:00 Move. Laugh. Connect 4:30pm RIPPED-Rebekah 5:30pm Zumba@-Angie	9:00am HIIT-Doris 10:00am Tap-Pam 11:10am Beginners Yoga-Pam 12:10pm Beginners Pilates-Pam	9:00am Cardio Fusion-Tabatha 11:10 Yoga-Pam
8	9	10	11	12	13	14
	9:00am Cardio Fusion-Doris 10:00am TBS-Doris 11:10am Yoga-Pam 4:30pm Cardio Fusion-Doris 5:30pm HIIT/Glutes/ABS-Krystal 6:40pm Yoga-Emmy	5:30am Burn/Firm-Kahne 9:00am Pump & Crunch-Doris 10:00am Tap-Pam *11am-11:30am Beginner Tap Only 12:00 Move. Laugh. Connect 4:30pm HIIT/Glutes/ABS-Krystal 5:30pm Zumba@-Tabatha	9:00am RIPPED-Doris 10:00am TBS-Doris 11:10am Yoga-Camille 4:30pm Core Fusion-Tabatha 5:30pm RIPPED-Rebekah	5:30am TBS-Carla 9:00am Core Fusion-Doris 10:00am Pilates/Yoga Sculpting-Pam 12:00 Move. Laugh. Connect 4:30pm RIPPED-Rebekah 5:30pm Zumba@-Angie	9:00am HIIT-Doris 10:00am Tap-Pam 11:10am Beginners Yoga-Emmy 12:10pm Beginners Pilates-Emmy	9:00am Cardio Fusion-Rebekah 11:10 Yoga-Emmy
15	16	17	18	19	20	21
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22	23	24	25	26	27	28
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29	30	31				
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