

OCTOBER

Group Fitness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
		POWER PUMP 1100-1145 (Amy) WT FLOOR TRAINING 1200-1245 (Amy) STRENGTH + HIIT 1815-1900 (Crystal)		ZUMBA 1100-1145 (Amy) WT FLOOR TRAINING 1200-1245 (Amy)	NO CLASS
7	8	9	10	11	12
STRENGTH + HIIT 1815-1900 (Crystal)		ZUMBA TONING 1815-1915 (Crystal)		NO CLASS FAMILY DAY	ZUMBA TONING 0900-1000 (Crystal)
14	15	16	17	18	19
NO CLASS HOLIDAY	FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)	POWER PUMP 1100-1145 (Amy) WT FLOOR TRAINING 1200-1245 (Amy) STRENGTH + HIIT 1815-1900 (Crystal)		REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	NO CLASS
21	22	23	24	25	26
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)	POWER PUMP 1100-1145 (Amy) WT FLOOR TRAINING 1200-1245 (Amy)		ZUMBA 1100-1145 (Amy) WT FLOOR TRAINING 1200-1245 (Amy)	NO CLASS
28	29	30	31		
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)	POWER PUMP 1100-1145 (Amy) WT FLOOR TRAINING 1200-1245 (Amy) STRENGTH + HIIT 1830-1930 (Crystal)	FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)		