

OCTOBER



<u>ROOM</u>	<u>SUN</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
<u>GROUP EX STUDIO</u>		<u>7:30am HIIT~Karen (45min)</u> <u>8:30am Pure Strength ~Abby</u> <u>9:30am Kick-boxing ~Abby</u> <u>5:30pm Body Max ~Karen</u> <u>6:35pm Cardio Kettlebell</u> – Bonnie	<u>7:45am Simply Sculpt</u> –Annie <u>9:30am Step and Strength</u> – Marissa <u>6:30pm Zumba~</u> ~Julie	<u>8:30am Pure Strength</u> –Abby <u>9:30am Power-Hour</u> –Marissa <u>10:45am Re-bound~Marissa (30min)</u> <u>5:30pm Zumba</u> ~Melissa <u>6:35pm Cardio Kettlebell</u> – Bonnie	<u>7:45am Simply Sculpt</u> ~Annie <u>5:30pm Body Max</u> –Karen <u>6:30pm DanceFIT</u> ~ Karen	<u>7:30am Body Max</u>– Karen (45min) <u>9:30am Iron Circuit</u> –Abby	<u>8:15am Zumba</u> – Melissa
<u>CYCLE STUDIO</u>	<u>9:30am Cycle</u> ~Dan	<u>7:45am Cycle</u> – Cliff <u>6:35pm Cycle Strong</u> –Karen	<u>6:00am Cycle Strong</u> –Rene <u>7:45am Cycle</u> – Jenny <u>5:30pm Cycle</u>– Cassie	<u>7:45am Cycle</u> – Cliff <u>9:00am Cycle</u> – Rene	<u>6:00am Cycle</u> – Rene <u>7:45am Cycle Jenny</u> <u>9:00am Hills and Drills</u> – Marissa	<u>7:45am Cycle</u> – Cliff	<u>9:00am Cycle</u> –Cliff
<u>MIND/ BODY STUDIO</u>		<u>8:30am Pilates</u> –Kellie <u>9:30am Yoga Flow</u> –Kellie <u>5:30pm Pilates</u> –Barbara	<u>9:30am Barre/Fusion</u> –Kellie <u>10:30am Yoga Flow</u> –Magdi <u>6:15pm Vinyasa Yoga</u> ~Linda	<u>9:30am Pilates</u> – Abby <u>5:30pm Pilates/Strength</u> – Bonnie	<u>9:30am Yoga Flow</u> –Magdi <u>6:15pm Yoga Flow</u>–Magdi	<u>8:30am Barre Fire</u> –Kellie <u>9:30am Yoga Flow</u> –Kellie	<u>8:30am Yoga Flow</u>– Magdi <u>9:30am Yin Stretch/Meditation</u>– Magdi <u>10:30am Yoga Flow</u> ~Magdi