

October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Follow us on Instagram! Like us on Facebook!						
				9:30 AM Pilates - Susan 10:30 AM Muscle Pump - Peach 5:45 PM Yoga - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach	9:00 AM Boxing Circuit - Amber 10:00 AM Zumba - Chris 11:15 AM Yogaflow - Peach
				1	2	3
8:00 AM Cycle - Mode'	5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa	8:30 AM Pilates - Susan 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chanel 7:00 PM Pilates - Peach	8:30 AM HIIT Cycle - Sam 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 5:45 PM Barre TBC - Elizabeth 6:15 PM Cycle - Mode'	9:30 AM Pilates - Susan 10:30 AM Muscle Pump - Peach 5:45 PM Yoga - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach	9:00 AM Amber Attack - Amber 10:00 AM Zumba - Chanel 11:15 AM Yogaflow - Peach
4	5	6	7	8	9	10
8:00 AM Cycle - Mode'	5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa	8:30 AM Pilates - Susan 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chris 7:00 PM Pilates - Peach	8:30 AM HIIT Cycle - Sam 9:30 AM Step &Sculpt - Russ 11:00 AM Senior Strong - Susan 5:45 PM Barre TBC - Elizabeth 6:15 PM Cycle - Mode'	9:30 AM Pilates - Susan 10:30 AM Muscle Pump - Peach 5:45 PM Yoga - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach	9:00 AM Boxing Circuit - Amber 10:00 AM Zumba - Chris 11:15 AM Yogaflow - Susan
11	12	13	14	15	16	17
8:00 AM Cycle - Mode'	5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Peach 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - Peach	8:30 AM Pilates - Susan 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chanel 7:00 PM Pilates - Peach	8:30 AM HIIT Cycle - Sam 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 5:45 PM Barre TBC - Elizabeth 6:15 PM Cycle - Mode'	9:30 AM Pilates - Susan 10:30 AM Muscle Pump - Peach 5:45 PM Yoga - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach	9:00 AM Boxing Circuit - Amber 10:00 AM Zumba - Chanel 11:15 AM Yogaflow - Peach
18	19	20	21	22	23	24
8:00 AM Cycle - MoDe'	5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Camille 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - HeatherHalsall	8:30 AM Pilates - Susan 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chris 7:00 PM Pilates - Camille	8:30 AM HIIT Cycle - Sam 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 5:45 PM Barre TBC - Elizabeth 6:15 PM Cycle - Mode'	9:30 AM Pilates - Susan 10:30 AM Muscle Pump - Peach 5:45 PM Yoga - Elizabeth 6:45 PM Zumba - Stephanie	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach	9:00 AM TBC Barre - Peach 10:00 AM Zumba - Chris 11:15 AM Yogaflow - Peach
25	26	27	28	29	30	31