

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30-7:30 AM <b>Morning Hustler's</b>		6:30-7:30 AM <b>Morning Hustler's</b>		6:30-7:30 AM <b>Morning Hustler's</b>	
9:00-10:00 AM <b>Power Pump</b>	9:30 -10:30 AM <b>Zumba</b>	9:30-10:30 AM <b>Strengthen n'Stretch</b>	9:30 - 10:30 AM <b>Zumba</b>	9:30-10:30 AM <b>Barre</b>	9:30 - 10:30 AM <b>Power Pump</b>	9:00-10:00 AM <b>Pumped Up Strength</b>
10:30-11:30 AM <b>Hybrid Yin Yoga</b>	11:00 - 11:45 PM <b>Free2Flow Yoga</b>	11:00-12:00 PM <b>Circuit Training</b> (Zone 1)	11:00-12:00 PM <b>Total Body Sculpt</b>	11:00-12:00 PM <b>Circuit Training</b> (Zone 1)	11:00 am <b>Find Your Stride</b> (Zone 2)	10:30-11:30 AM <b>Zumba</b>
12:00-1:00 PM <b>Hips Unhinged</b>				4:30PM - 5:30PM <b>Zumba Kids</b> (Oct. 2 - Nov. 24)		12:00-1:00 PM <b>Hybrid Yin Yoga</b>
	7:15-8:15PM <b>Kickboxing</b>	7:15-8:15 PM <b>Circuit Training</b> (Zone 1)	6:00-6:45 PM <b>Operation Cheeky</b>	6:00-6:45 PM <b>Operation Cheeky</b>	7:15-8:15 PM <b>Zumba</b>	
	7:30 - 8:30 PM Private Group Athlete Training (Zone 1, 2, 3)		7:15-8:15 PM <b>Power Pump</b>	7:15-8:15 PM <b>Zumba</b>	7:30 - 8:30 PM Private Group Athlete Training (Zone 1)	
	8:30-9:30 PM <b>Stretch &amp; Connect</b>	7:30- 8:30 PM Special Events		8:30 - 9:30 PM <b>Free2Flow Yoga</b>		

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