



October 2017 Group Fitness



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>1</p> <p>8:45 AM (45) WaterWorks- CP</p>	<p>2</p> <p>10:00 AM (45) Get RIPPED- SB 11:30 AM (45) WaterWorks- CM 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- SR</p>	<p>3</p> <p>9:30 AM (45) WaterWorks- CM 10:00 AM (45) Pilates Fusion- CF 5:30PM (60) KickBoxing- AO 6:30 PM (60) YOGA- BN</p>	<p>4</p> <p>10:00 AM (45) BodyBLAST- DP 11:00AM (30) Low Impact- DP 5:30 PM (45) Get RIPPED- AO 6:30 PM (45) Tabata- DP</p>	<p>5</p> <p>10:00 AM (60) P90X- DP 5:30PM (60) YOGA- RN 6:30 PM (45) Guns & Buns- AO</p>	<p>6</p> <p>9:30 AM (45) WaterWorks- CM 10:00 AM (60) CORE DE FORCE- DP</p>	<p>7</p> <p>9:00 AM (45) BodyBLAST- DD 10:15 AM (60) Zumba- SR</p>	
<p>8</p> <p>8:45 AM (45) WaterWorks- CP</p>	<p>9</p> <p>10:00 AM (45) Get RIPPED- SB 11:00 AM (60) YOGA- BG 11:30 AM (45) WaterWorks- CM 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- AR</p>	<p>10</p> <p>9:30 AM (45) WaterWorks- CM 10:00 AM (45) Pilates Fusion- CF 5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN</p>	<p>11</p> <p>10:00 AM (45) BodyBLAST- DP 11:00AM (30) Low Impact- DP 5:30 PM (45) Get RIPPED- AO 6:30 PM (45) Tabata- DP</p>	<p>12</p> <p>10:00 AM (60) P90X- DP 5:30PM (60) YOGA- RN 6:30 PM (45) Guns & Buns- AO</p>	<p>13</p> <p>9:30 AM (45) WaterWorks- CM 10:00 AM (60) CORE DE FORCE- DP</p>	<p>14</p> <p>9:00 AM (60) CORE DE FORCE- DP 10:15 AM (60) Zumba- JH</p>	
<p>15</p> <p>8:45 AM (45) WaterWorks- CP</p>	<p>16</p> <p>10:00 AM (45) Get RIPPED- SB 11:30 AM (45) WaterWorks- CM 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- SR</p>	<p>17</p> <p>9:30 AM (45) WaterWorks- CM 10:00 AM (45) Pilates Fusion- CF 5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN</p>	<p>18</p> <p>10:00 AM (45) BodyBLAST- DP 11:00AM (30) Low Impact- DP 5:30 PM (45) Get RIPPED- AO 6:30 PM (45) Tabata- AR</p>	<p>19</p> <p>10:00 AM (60) P90X- DP 5:30PM (60) YOGA- RN 6:30 PM (45) Guns & Buns- AO</p>	<p>20</p> <p>9:30 AM (45) WaterWorks- CM 10:00 AM (60) CORE DE FORCE- DP</p>	<p>21</p> <p>9:00 AM (45) Guns & Buns- AO 10:15 AM (60) Zumba- JH</p>	
<p>22</p> <p>8:45 AM (45) WaterWorks- CP</p>	<p>23</p> <p>10:00 AM (45) Get RIPPED- SB 11:00 AM (60) YOGA- BG 11:30 AM (45) WaterWorks- CM 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- AR</p>	<p>24</p> <p>9:30 AM (45) WaterWorks- CM 10:00 AM (45) Pilates Fusion- CF 5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN</p>	<p>25</p> <p>10:00 AM (45) BodyBLAST- DP 11:00AM (30) Low Impact- DP 5:30 PM (45) Get RIPPED- AO 6:30 PM (45) Tabata- AR</p>	<p>26</p> <p>10:00 AM (60) P90X- DP 5:30PM (60) YOGA- RN 6:30 PM (45) Guns & Buns- AO</p>	<p>27</p> <p>9:30 AM (45) WaterWorks- CM 10:00 AM (60) CORE DE FORCE- DP</p>	<p>28</p> <div style="border: 2px solid black; padding: 5px;"> <p>OPEN HOUSE 9:00 AM (60-70) WILD CARD- DP 10:15 AM (60) Zumba- SR</p> </div>	
<p>29</p> <p>8:45 AM (45) WaterWorks- CP</p>	<p>30</p> <p>10:00 AM (45) Get RIPPED- SB 11:30 AM (45) WaterWorks- CM 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- SR</p>	<p>31</p> <p>9:30 AM (45) WaterWorks- CM 10:00 AM (45) Pilates Fusion- CF 5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN</p>					