

October 2020

GROUP FITNESS & INDOOR CYCLING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
	<p>-Instructors are subject to change</p> <p>**30 Minute Class</p> <p>*45 Minute Class</p>			<p>9:00am Kardio Smash- Doris</p> <p>9:00am Spin - Calleen</p> <p>12:00pm MLC-Jamie/Pam</p> <p>6:30pm Zumba- Christy</p>	<p>**8:00am HIIT – Kelsey</p> <p>9:00am Pump & Crunch- NO CLASS</p> <p>10:00am Tap – Pam</p> <p>11:00am Yoga- Pam</p> <p>4:30pm Zumba- Megan</p>	<p>9:00am Zumba- Christy</p>
4	5	6	7	8	9	10
	<p>**8:00am HIIT – Kelsey</p> <p>9:00am Pump &Crunch - Doris</p> <p>10:00am TBS- Doris</p> <p>11:10am Hatha Yoga- Emmy</p> <p>4:30pm HIIT- Calleen</p> <p>5:30pm Cycle-X- Leslie</p> <p>5:30pm Yoga - Megan</p>	<p>9:00am HI-LO Aerobics- Pam</p> <p>9:00am Spin- Calleen</p> <p>10:00am Tap- Pam</p> <p>12:00pm MLC-Jamie/Pam</p> <p>5:30pm Spin- Leslie</p> <p>6:30pm Zumba® - Christy</p>	<p>**8:00am HIIT- Kelsey</p> <p>9:00am Cardio Fusion-Doris</p> <p>10:00am TBS - Doris</p> <p>11:10am Hatha Yoga-Emmy</p> <p>4:30pm Full Body Fit – Calleen</p>	<p>*9:00am Burn- Kelsey</p> <p>9:00am Spin - Calleen</p> <p>12:00pm MLC-Jamie/Pam</p> <p>6:30pm Zumba- Christy</p>	<p>**8:00am HIIT – Kelsey</p> <p>9:00am Pump & Crunch- Doris</p> <p>10:00am Tap – Pam</p> <p>11:00am Yoga- Pam</p> <p>4:30 pm Zumba - Megan</p>	<p>9:00am Full Body Fit- Calleen</p>
11	12	13	14	15	16	17
	<p>**8:00am HIIT – Kelsey</p> <p>9:00am Pump &Crunch – Doris</p> <p>10:00am TBS- Doris</p> <p>11:10am Hatha Yoga- Emmy</p> <p>4:30pm HIIT- Calleen</p> <p>5:30pm Cycle-X- Leslie</p> <p>5:30pm Yoga - Megan</p>	<p>*9:00am Burn- Kelsey</p> <p>9:00am Spin- Calleen</p> <p>10:00am Tap- Pam</p> <p>12:00pm MLC-Jamie/Pam</p> <p>5:30pm Spin- Leslie</p> <p>6:30pm Zumba® - Christy</p>	<p>**8:00am HIIT-Kelsey</p> <p>9:00am Cardio Fusion- Doris</p> <p>10:00am TBS – Doris</p> <p>11:10am Hatha Yoga-Emmy</p> <p>4:30pm Full Body Fit – Calleen</p>	<p>*9:00am Burn- Kelsey</p> <p>9:00am Spin - NO CLASS</p> <p>12:00pm MLC-Jamie/Pam</p> <p>6:30pm Zumba- Christy</p>	<p>**8:00am HIIT – Kelsey</p> <p>9:00am Pump & Crunch- Linda</p> <p>10:00am Tap – Pam</p> <p>11:00am Yoga- Pam</p> <p>4:30pm Zumba - Megan</p>	<p>9:00am Zumba- Christy</p>
18	19	20	21	22	23	
	<p>**8:00am HIIT – Kelsey</p> <p>9:00am Pump &Crunch - Doris</p> <p>10:00am TBS- Doris</p> <p>11:10am Hatha Yoga- Emmy</p> <p>4:30pm HIIT- Calleen</p> <p>5:30pm Cycle-X- Leslie</p> <p>5:30pm Yoga - Megan</p>	<p>*9:00am Burn- Kelsey</p> <p>9:00am Spin- Calleen</p> <p>10:00am Tap- Pam</p> <p>12:00pm MLC-Jamie/Pam</p> <p>5:30pm Spin- Leslie</p> <p>6:30pm Zumba® - Christy</p>	<p>**8:00am HIIT-Kelsey</p> <p>9:00am Cardio Fusion-Doris</p> <p>10:00am TBS - Doris</p> <p>11:10am Hatha Yoga-Emmy</p> <p>4:30pm Full Body Fit – Calleen</p>	<p>*9:00am Burn- Kelsey</p> <p>9:00am Spin - Calleen</p> <p>12:00pm MLC-Jamie/Pam</p> <p>6:30pm Zumba- Christy</p>	<p>**8:00am HIIT- Kelsey</p> <p>9:00am Pump & Crunch – Doris</p> <p>10:00am Tap – Pam</p> <p>11:00am Yoga- Pam</p> <p>4:30pm Zumba - Megan</p>	<p>11:00am Hatha Yoga- Emmy</p>
25	26	27	28	29	30	31
	<p>**8:00am HIIT – Kelsey</p> <p>9:00am Pump &Crunch - Doris</p> <p>10:00am TBS- Doris</p> <p>11:10am Hatha Yoga- Emmy</p> <p>4:30pm HIIT- Calleen</p> <p>5:30pm Cycle-X- Leslie</p> <p>5:30pm Yoga - Megan</p>	<p>*9:00am Burn- Kelsey</p> <p>9:00am Spin- Calleen</p> <p>10:00am Tap- Pam</p> <p>12:00pm MLC-Jamie/Pam</p> <p>5:30pm Spin- Leslie</p> <p>6:30pm Zumba® - Christy</p>	<p>**8:00am HIIT-Kelsey</p> <p>9:00am Cardio Fusion-Doris</p> <p>10:00am TBS - Doris</p> <p>11:10am Hatha Yoga-Emmy</p> <p>4:30pm Full Body Fit – Calleen</p>	<p>*9:00am Burn- Kelsey</p> <p>9:00am Spin - Calleen</p> <p>12:00pm MLC-Jamie/Pam</p> <p>6:30pm Zumba- Christy</p>	<p>**8:00am HIIT- Kelsey</p> <p>9:00am Full Body Fit- Calleen</p> <p>10:00am Tap – Pam</p> <p>11:00am Yoga- Pam</p> <p>4:30pm Zumba - Megan</p>	<p>NO GROUP FITNESS</p> 