

October Schedule

All Classes on this schedule are free to our members and are 50-55 minutes in duration!
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Time	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
9:00am		F.I.T. BARRE w/ Lisa		SOULFUSION w/Tammy		TABATA w/Melinda	
10:00am	AIT w/Angela	FUNCTIONAL FITNESS w/Arlene	AIT w/Angela	FUNCTIONAL FITNESS w/Lisa	CARDIO COMBO w/Lisa	*** See note below.	
11:00am	FUNCTIONAL FITNESS w/Suzy	POSTURAL STRENGTH & STRETCH w/ Suzy		Full Body Stretch w/Suzy			
4:00pm							MAX w/Lori-Beth
5:00pm	FIT CAMP w/Adana	International Dance w/Nayar	FIT CAMP w/Elizabeth	YOGILATES w/Melinda			
6:00pm	ZUMBA w/Lara	SOULFUSION w/Tammy	MASH UP w/Lara	STEP/COMBO w/Deidra			
7:00pm		BARBELL BLAST w/Adana	PUMPED UP STRENGTH w/Paige	BARBELL BLAST w/Adana			

*** 1st & 3rd Saturday will be Full Body Stretch w/ Suzy. 2nd & 4th Saturday will be *POP UP* classes. ***



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