

October 2025

October 2025							November 2025						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sep 28	29	30	Oct 1 8:30am Strength 9:35am Core on the 11:00am Gryokinesis 1:00pm Strong People 1:30pm Ballroom	2 10:00am Line Dancing (Beginning) 10:45am Line Dancing 11:00am Tai Chi 1:00pm Strong People	3 11:00 Laughing Yoga 8:30am Strength Training 10:00am Line Dancing (INT/ADV)	4
5	6 8:30am Strength Training 9:35am Core on the Floor 1:00pm Strong People	7 10:00am Line Dancing (Beginning) 10:45am Line Dancing 11:00am Tai Chi 1:00pm Strong People	8 8:30am Strength 9:35am Core on the 11:00am Gryokinesis 1:00pm Strong People 1:30pm Ballroom	9 10:00am Line Dancing (Beginning) 10:45am Line Dancing 11:00am Tai Chi 1:00pm Strong People	10 8:30am Strength Training 10:00am Line Dancing (INT/ADV)	11
12	13 8:30am Strength Training 9:35am Core on the Floor 1:00pm Strong People	14 10:00am Line Dancing (Beginning) 10:45am Line Dancing 11:00am Tai Chi 1:00pm Strong People	15 8:30am Strength 9:35am Core on the 11:00am Gryokinesis 1:00pm Strong People 1:30pm Ballroom	16 10:00am Line Dancing (Beginning) 10:45am Line Dancing 11:00am Tai Chi 1:00pm Strong People	17 11:00 Laughing Yoga 8:30am Strength Training 10:00am Line Dancing (INT/ADV)	18
19	20 8:30am Strength Training 9:35am Core on the Floor 1:00pm Strong People	21 10:00am Line Dancing (Beginning) 10:45am Line Dancing 11:00am Tai Chi 1:00pm Strong People	22 8:30am Strength 9:35am Core on the 11:00am Gryokinesis 1:00pm Strong People 1:30pm Ballroom	23 10:00am Line Dancing (Beginning) 10:45am Line Dancing 11:00am Tai Chi 1:00pm Strong People	24 8:30am Strength Training 10:00am Line Dancing (INT/ADV)	25
26	27 8:30am Strength Training 9:35am Core on the Floor 1:00pm Strong People	28 10:00am Line Dancing (Beginning) 10:45am Line Dancing 11:00am Tai Chi 1:00pm Strong People	29 8:30am Strength 9:35am Core on the 11:00am Gryokinesis 1:00pm Strong People 1:30pm Ballroom	30 10:00am Line Dancing (Beginning) 10:45am Line Dancing 11:00am Tai Chi 1:00pm Strong People	31 8:30am Strength Training 10:00am Line Dancing (INT/ADV)	Nov 1