October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept 29	Sept 30	1 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	2 7am- Yoga 815am- S/S Cardio 530p- Line Dance	3 8am - S/S Circuit 9am- Line Dance	4 8am - S/S Boom	5 915am-Weight/Cardio
6	7 8am- S/S Circuit Member Apprecation	8 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	9 7am- Yoga 815am- S/S Cardio 530p- Line Dance	10 8am - S/S Circuit 9am- Line Dance	11 8am - S/S Zumba	12 915am-Weight/Cardio
13	14 8am- S/S Circuit	15 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	16 7am- Yoga 815am- S/S Cardio 530p- Line Dance	17 8am - S/S Circuit 9am- Line Dance	18 8am - S/S Boom	19 915am-Weight/Cardio
20	21 8am- S/S Circuit	22 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	23 7am- Yoga 815am- S/S Cardio 530p- Line Dance	24 8am - S/S Circuit 9am- Line Dance	25 8am- S/S Zumba	26 915am-Weight/Cardio
27	28 8am- S/S Circuit	29 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	30 7am- Yoga 815am- S/S Cardio 530p- Line Dance	31 8am - S/S Circuit 9am- Line Dance	Nov 1	Nov 2
Nov 3	Nov 4	Nov 5	Nov 6	Nov 7	Nov 8	Nov 9

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