

October 2024



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