

October 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept 24	Sept 25	Sept 26	Sept 27	Sept 28	Sept 29	Sept 30
1	2	3	4	5	6	7
	8am- S/S Circuit	8am - S/S Circuit	7am- Yoga	8am - S/S Circuit	8am - S/S Zumba	915am-Weight/Cardio
	6:30p- Beginner Xtreme Step	9am - S/S Circuit	830am- S/S Cardio	9am- Line Dance		
	Member Appreciation	530p -Spin	5pm- Line Dance			
8	9	10	11	12	13	14
	8am- S/S Circuit	8am - S/S Circuit	7am- Yoga	8am - S/S Circuit	8am - S/S Boom	915am-Weight/Cardio
		9am - S/S Circuit	830am- S/S Cardio	9am- Line Dance		
		530p -Spin	5pm- Line Dance			
15	16	17	18	19	20	21
	8am- S/S Circuit	8am - S/S Circuit	7am- Yoga	8am - S/S Circuit	8am- S/S Zumba	915am-Weight/Cardio
	6:30p- Beginner Xtreme Step	9am - S/S Circuit	830am- S/S Cardio	9am- Line Dance		
		530p -Spin	5pm- Line Dance			
22	23	24	25	26	27	28
	8am- S/S Circuit	8am - S/S Circuit	7am- Yoga	8am - S/S Circuit	8am - S/S Boom	915am-Weight/Cardio
		9am - S/S Circuit	830am- S/S Cardio	9am- Line Dance		
		530p -Spin	5pm- Line Dance			
29	30	31	Nov 1	Nov 2	Nov 3	Nov 4
	8am- S/S Circuit	8am - S/S Circuit				
		9am - S/S Circuit				
		530p -Spin				
		Happy Halloween				
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