

October 2026



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Sept	27	Sept	28	Sept	29	Sept	30	1	2	3			
								8am - S/S Circuit	8am - S/S Boom	915am-Weight/Cardio			
								9am- Line Dance		1030a- Line Dance			
								5pm- Zumba					
4		5		6		7		8	9	10			
	8am- S/S Circuit		8am - S/S Circuit		7am- Yoga		8am - S/S Circuit	8am - S/S Zumba	915am-Weight/Cardio				
	5pm- Zumba		9am - S/S Circuit		830am- S/S Cardio		9am- Line Dance		1030a- Line Dance				
	530p- Line Dance		530p -Spin		530p- Line Dance		5pm- Zumba						
	Member Appreciation												
11		12		13		14		15	16	17			
	8am- S/S Circuit		8am - S/S Circuit		7am- Yoga		8am - S/S Circuit	8am - S/S Boom	915am-Weight/Cardio				
	5pm- Zumba		9am - S/S Circuit		830am- S/S Cardio		9am- Line Dance		1030a- Line Dance				
			530p -Spin		530p- Line Dance		5pm- Zumba						
18		19		20		21		22	23	24			
	8am- S/S Circuit		8am - S/S Circuit		7am- Yoga		8am - S/S Circuit	8am - S/S Zumba	915am-Weight/Cardio				
	5pm- Zumba		9am - S/S Circuit		830am- S/S Cardio		9am- Line Dance		1030a- Line Dance				
			530p -Spin		530p- Line Dance		5pm- Zumba						
25		26		27		28		29	30	31			
	8am- S/S Circuit		8am - S/S Circuit		7am- Yoga		8am - S/S Circuit	8am - S/S Boom	915am-Weight/Cardio				
	5pm- Zumba		9am - S/S Circuit		830am- S/S Cardio		9am- Line Dance		1030a- Line Dance				
			530p -Spin		530p- Line Dance		5pm- Zumba						
Nov	1	Nov	2	Nov	3	Nov	4	Nov	5	Nov	6	Nov	7