

October 2025



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