



Monday	 5:30 AM 9:30 AM			 6:00 PM DANCE PARTY	
Tuesday	 9:30 AM				
Wednesday	— 5:30 AM — ABS BLAST			— 6:00 PM — BOOT CAMP	
Thursday				 6:00 PM DANCE PARTY	
Friday	 30 MIN 9:30 AM				
Saturday	Oct 3 9am Stretch FLOW	Oct 10 9:00 AM	Oct 17	Oct 24 9:00 AM	Oct 31 HAUNTED HIIT 9AM