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| **October 2025** |  |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **28** | **29** | **30** | **1** | **2** | **3** | **4** |
|  |  |  | Pilates @ 5PM | HIIT @ 5:30 PM |  | Class w/ Amy @ 9 AM |
| **5** | **6** | **7** | **8** | **9** | **10** | **11** |
|  | Yoga @ 5:15 PMSpin @ 5:30 PM | Mixxed Fit @5:30 PM | Pilates @ 5PM | HIIT @ 5:30 PM |  | Class w/ Amy @ 9 AM |
| **12** | **13** | **14** | **15** | **16** | **17** | **18** |
|  | Yoga @ 5:15 PMSpin @ 5:30 PM | Mixxed Fit @5:30 PM | Pilates @ 5PM | HIIT @ 5:30 PM |  | Class w/ Allison @ 9 AM |
| **19** | **20** | **21** | **22** | **23** | **24** | [**25**](https://www.calendarpedia.com/) |
|  | Yoga @ 5:15 PMSpin @ 5:30 PM | Mixxed Fit @5:30 PM | Pilates @ 5PM | HIIT @ 5:30 PM |  |  |
| **26** | **27** | **28** | **29** | **30** | **31** | **1** |
|  | Yoga @ 5:15 PMSpin @ 5:30 PM | Strength & Core w/ Amy @5:30 PM | Pilates @ 5PM | HIIT @ 5:30 PM |  |  |
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