

October 2017

Mon	Tue	Wed	Thu	Fri	Sat
2 SPINNING- Laurette 5:00pm Total Physique-Levi 6:30pm POP PILATES- Shaina 5:30pm	3 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm	4 SPINNING-Laurette 5:00pm Total Physique- Levi 6:30pm	5 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm	6	7 HARD CORE Dawn 10:00am
9 SPINNING- Laurette 5:00pm Total Physique-Levi 6:30pm POP PILATES- Shaina 5:30pm	10 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm	11 CYCLING-Angie 6:00am SPINNING-Laurette 5:00pm Total Physique- Levi 6:30pm	12 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm	13 CYCLING- Angie 6:00am	14 HARD CORE Dawn 10:00am
16 SPINNING- Laurette 5:00pm Total Physique-Levi 6:30pm POP PILATES- Shaina 5:30pm	17 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm	18 CYCLING-Angie 6:00am SPINNING-Laurette 5:00pm Total Physique- Levi 6:30pm	19 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm	20 CYCLING- Angie 6:00am	21 HARD CORE Dawn 10:00am
23 SPINNING- Laurette 5:00pm Total Physique-Levi 6:30pm POP PILATES- Shaina 5:30pm	24 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm	25 CYCLING-Angie 6:00am SPINNING-Laurette 5:00pm Total Physique- Levi 6:30pm	26 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm	27 CYCLING- Angie 6:00am	28 HARD CORE Dawn 10:00am
30 SPINNING- Laurette 5:00pm Total Physique-Levi 6:30pm POP PILATES- Shaina 5:30pm	31 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm				