


October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1</p> <p>7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 5:30 BODY DESIGN Danielle 6:45 YOGA Jamie</p>	<p>2</p> <p>8:30 CORE COND. & MORE Nicole 9:45 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Millie 6:00 YOGA Ann Marie</p>	<p>3</p> <p>7:30 AWT Millie 8:30 AWT Millie 10:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 5:30 BODY DESIGN Kelly 6:45 YOGA Karen</p>	<p>4</p> <p>8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:00 H2o SHALLOW Rox 12:30 TABATA SCULPT Nicole</p>	<p>5</p> <p>8:30 PEDAL & PUMP Danielle 10:00—11:30 YOGA Kate</p>
<p>6</p> <p>8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Mandy 5:30 BARRE Ann Marie 5:30 CYCLING Danielle 6:45 YOGA Jamie</p>	<p>7</p> <p>7:30 AWT Millie 8:30 AWT Millie 10:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Kelly 5:30 BODY DESIGN Kelly 6:45 YOGA Ann Marie</p>	<p>8</p> <p>8:30 CORE COND. & MORE Nicole 9:45 YOGA Kate 12:30 CYCLING No class today 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Kelly 6:00 YOGA Ann Marie</p>	<p>9</p> <p>7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Kelly 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie</p>	<p>10</p> <p>8:30 BODY DESIGN Danielle 9:45 YOGA Kate 12:00 H2o SHALLOW Rox 12:30 HIIT Nicole</p>	<p>11</p> <p>8:30 PEDAL & PUMP Mandy 10:00—11:30 YOGA Kate</p>	
<p>13</p> <p>8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Nicole 5:30 BARRE Ann Marie 5:30 CYCLING Danielle 6:45 YOGA Jamie</p>	<p>14</p> <p>7:30 AWT Millie 8:30 AWT Millie 10:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 5:30 BODY DESIGN Kelly 6:45 YOGA Ann Marie</p>	<p>15</p> <p>8:30 CORE COND. & MORE Nicole 9:45 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Kelly 6:00 YOGA Millie</p>	<p>16</p> <p>7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 5:30 BODY DESIGN Ann Marie 6:45 YOGA AnnMarie</p>	<p>17</p> <p>8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:00 H2o SHALLOW Rox 12:30 TABATA SCULPT Nicole</p>	<p>18</p> <p>8:30 PEDAL & PUMP Karen 10:00—11:30 YOGA Kate</p>	
<p>20</p> <p>8:30 TRIPLE TREAT Karen 9:45 YOGA Kate 12:30 CYCLING Karen 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Nicole 5:30 BARRE Ann Marie 5:30 CYCLING Karen 6:45 YOGA Jamie</p>	<p>21</p> <p>7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 5:30 BODY DESIGN Danielle 6:45 YOGA Jamie</p>	<p>22</p> <p>8:30 CORE COND. & MORE Karen 9:45 YOGA Karen 12:30 CYCLING Karen 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Beth 5:30 CYCLING Beth 6:00 YOGA Ann Marie</p>	<p>23</p> <p>7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Karen 4:30 CYCLING Beth 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie</p>	<p>24</p> <p>8:30 BODY DESIGN Danielle 9:45 YOGA Kate 12:00 H2o SHALLOW Rox 12:30 HIIT Nicole</p>	<p>25</p> <p>8:30 PEDAL & PUMP Ann Marie 10:00—11:30 YOGA Kate</p>	
<p>27</p> <p>8:30 TRIPLE TREAT Karen 9:45 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Karen 5:30 BARRE Ann Marie 5:30 CYCLING Danielle 6:45 YOGA Jamie</p>	<p>28</p> <p>7:30 AWT Millie 8:30 AWT Millie 10:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie</p>	<p>29</p> <p>8:30 CORE COND. & MORE Karen 9:45 YOGA Kate 12:30 CYCLING Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Mille 6:00 YOGA Ann Marie</p>	<p>30</p> <p>7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen No Evening Classes! Happy Halloween!</p>	