



October 01 - October 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am-12:00pm private pilates equipment classes	7:30am-9:00am private pilates equipment classes	8:00am-12:00pm private pilates equipment classes	8:00am-12:00pm private pilates equipment classes	7:30am-9:00am private pilates equipment classes	8:00am-10:00am private pilates equipment classes
	9:00am-10:00am core challenge on equipment all levels			9:00am-10:00am core challenge on equipment all levels	
	10:00am-11:00am core challenge on equipment all levels			10:00am-11:00am core challenge on equipment all levels	
12:05pm-12:55pm core on the floor Scott all levels	12:00pm-1:00pm core challenge on equipment all levels		12:05pm-12:55pm core on the floor Scott all levels	12:00pm-1:00pm core challenge on equipment all levels	10:00am-11:30am hardcore abs Scott all levels
4:00pm-5:00pm core challenge on equipment all levels	5:00pm - 6:00pm pilates equipment Mia registered class	4:00pm-5:00pm core challenge on equipment all levels	5:00pm - 6:00pm pilates equipment Christina registered class	4:00pm - 5:00pm core challenge on equipment all levels	12:00pm-4:00pm private pilates equipment classes
5:00pm-6:30pm yoga flow Sarah all levels	5:00pm-6:30pm prana yoga Michelle all levels	5:00pm - 6:00pm core challenge on equipment all levels	7:00pm - 8:00pm pilates equipment Maureen registered class	5:00pm - 6:00pm core challenge on equipment all levels	
5:00pm - 6:00pm core challenge on equipment all levels	6:00pm - 7:00pm pilates equipment Mia registered class	5:15pm-6:15pm power fusion Amy all levels	8:00pm - 9:00pm pilates equipment Maureen registered class		
6:00pm - 7:00pm core challenge on equipment all levels	7:00pm - 8:00pm pilates equipment Mia registered class	6:00pm - 7:00pm core challenge on equipment all levels			
		6:30pm-7:30pm beginner yoga Kathy all levels			
					Sunday
					10:00am -11:00am dancefix Kirsten all levels