




## October 2019 Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Zumba Toning 5:30PM (Teri)  Yoga 6:30PM (Denise)	<b>2</b> Zumba Dance 5:30PM (Vickie)	<b>3</b> HIIT Circuits 5:30PM (Stephanie)  Gentle Yoga 6:30PM (Denise)	<b>4</b> Morning Gentle Yoga 9AM (Denise)	
<b>6</b>	<b>7</b> HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	<b>8</b> Zumba 5:30PM (Vickie)  Yoga 6:30PM (Denise)	<b>9</b> Zumba Dance 5:30PM (Vickie)	<b>10</b> HIIT Circuits 5:30PM (Stephanie)  Gentle Yoga 6:30PM (Denise)	<b>11</b> Morning Gentle Yoga 9AM (Denise)	<b>12</b>
<b>13</b>	<b>14</b> HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	<b>15</b> Zumba Toning 5:30PM (Teri)  Yoga 6:30PM (Denise)	<b>16</b> Zumba Dance 5:30PM (Vickie)	<b>17</b> HIIT Circuits 5:30PM (Stephanie)  Gentle Yoga 6:30PM (Denise)	<b>18</b> Morning Gentle Yoga 9AM (Denise)	<b>19</b>
<b>20</b>	<b>21</b> HIIT 5:30PM (Stacie)  LIIT 6:30PM (Stacie)	<b>22</b> Zumba Toning 5:30PM (Teri)  Yoga 6:30PM (Denise)	<b>23</b> Zumba Dance 5:30PM (Vickie)	<b>24</b> Zumba String 5:30PM (Katrina)  Gentle Yoga 6:30PM (Denise)	<b>25</b> Morning Gentle Yoga 9AM (Denise)	<b>26</b>
<b>27</b>	<b>28</b> HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	<b>29</b> Zumba Toning 5:30PM (Teri)  Yoga 6:30PM (Denise)	<b>30</b> Zumba Dance 5:30PM (Vickie)	<b>31</b> HIIT Circuits 5:30PM (Stephanie)  Gentle Yoga 6:30PM (Denise)  <div style="text-align: right;">             Halloween         </div>		