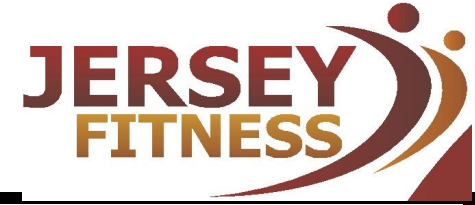




October 2018

Group Exercise Schedule



	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>5:30PM ZUMBA ALAINA</p>	<p>2</p> <p>10:30 BUTI YOGA AMANDA 5:00PM HIIT IT HARD TARA 5:30PM PILOXING TARA 6:45 YOGA BILL</p>	<p>3</p> <p>9:15AM CIRCUIT TRAINING MAURA 10:30M YOGA RACHEL 5:30PM HIIT MAURA 6:30PM ZUMBA ALAINA</p>	<p>4</p> <p>9:15AM INTERVAL CORE AMANDA 4:30PM BUTI AMANDA 5:30PM CARDIO SCULPT TARA 6:45 PM YOGA BILL</p>	<p>5</p> <p>9:15AM CIRCUIT TRAINING COLLEEN 10:00AM PILATES COLLEEN 5:30PM ZUMBA ALAINA</p>	<p>6</p> <p>9:00AM INSTRUCTORS CHOICE TARA POWELL 10:30AM YOGA BILL</p>
<p>7</p> <p>10:00AM BUTI YOGA AMANDA</p>	<p>8</p> <p>9:15AM INTERVAL TRAINING 101 MAURA 5:30PM ZUMBA ALAINA 6:30PM KARDIO KARATE CHRISSEY</p>	<p>9</p> <p>9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga Bill</p>	<p>10</p> <p>9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Chrissy</p>	<p>11</p> <p>9:15AM Interval Core Amanda 4:30PM Buti Yoga Amanda 5:30PM Cardio sculpt Tara 6:45PM Yoga Bill</p>	<p>12</p> <p>9:15AM Circuit Training Colleen 10:00AM Pilates Colleen 5:30 PM ZUMBA Alaina</p>	<p>13</p> <p>9:00AM Kick "HIIT UP" Chrissy 10:30AM Yoga BILL</p>
<p>14</p> <p>10:00AM *NEW* BARRE COLLEEN</p>	<p>15</p> <p>9:15AM Interval Training 101 Maura 5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Chrissy</p>	<p>16</p> <p>9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga Bill</p>	<p>17</p> <p>9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA ALAINA</p>	<p>18</p> <p>9:15AM Interval Core Amanda 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt TARA 6:45PM Yoga BILL</p>	<p>19</p> <p>9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Alaina</p>	<p>20</p> <p>9:00AM CARDIO SCULPT MAURA 10:30AM Yoga Bill</p>
<p>21</p> <p>10:00AM CORE TRAINING CHRISSEY</p>	<p>22</p> <p>9:15AM Interval Train101Maura 10:15AM Yoga Rachel 5:30PM ZUMBA Alaina 6:30PM Kardio Karate Chrissy</p>	<p>23</p> <p>9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga Bill</p>	<p>24</p> <p>9:15AM Circuit Training MAURA 5:30 PM HIIT Chrissy 6:30PM ZUMBA Chrissy</p>	<p>25</p> <p>9:15AM Interval Core Amanda 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt TARA 6:45PM Yoga Bill</p>	<p>26</p> <p>9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Alaina</p>	<p>27</p> <p>9:00AM STEP IT UP CHRISSEY 10:30AM Yoga Bill</p>
<p>28</p> <p>10:00AM Buti Yoga Amanda</p>	<p>29</p> <p>9:15AM Interval Training 101 Maura 10:15AM YOGA RACHEL 5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Chrissy</p>	<p>30</p> <p>9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga Bill</p>	<p>31</p> <p>9:15AM Circuit Training Maura HAPPY HALLOWEEN!</p>	<p>QUESTIONS EMAIL Chrissyboza @yahoo.com</p>	<p>COMMENTS EMAIL Chrissyboza @yahoo.com</p>	<p>CONCERNS EMAIL Chrissyboza @yahoo.com</p>