

OCTOBER CLASS SCHEDULE Effective Monday, October 2nd

Class descriptions can be found on Stephaniemccallfitness.com. \$60/month -unlimited classes or \$10 walkin!

TIME	SUN	MON	TUES	WED	THURS	FRI	SAT
5:30am - 6:30am		UNLEASH THE BEAST with Stephanie			PUMP IT UP with Stephanie		
8:00am - 9:00am		PUMP IT UP with Stephanie		STILL STEPPIN' (ADV) with Stephanie			UNLEASH THE BEAST
8:15am - 9:15am						BOOT CAMP with Monica	
9:00am-9:10am				ABS with Stephanie			
9:00am - 10:00am		STILL STEPPIN' with Stephanie			UNLEASH THE BEAST with Monica		PUMP IT UP
9:15am - 10:15am			UNLEASH THE BEAST with Stephanie	POWER HOUR with Stephanie		ATHLETIC YOGA with Kristy (No class 10/27)	
9:30am - 10:30am				ATHLETIC YOGA with Kristy		DOUBLE/QUAD STEP with Stephanie	
4:45pm - 5:45pm		UNLEASH THE BEAST with Kelly	STILL STEPPIN' (INT) with Stephanie	BOOT CAMP with Stephanie	POWER HOUR with Stephanie		
5:45pm - 6:45pm			UNLEASH THE BEAST with Stephanie				
6:00pm - 7:00pm					DANCE BLAST with Marina		