

October Class Schedule

\$82.50/month or \$10 daily drop in!

TIME	SUN	MON	TUES	WED	THURS	FRI	SAT
8:00am - 9:00 ish		MUSCLE MONDAY (Strength)				KICKBOXING	
8:00am-9:15am				BARRE STRENGTH!			SATURDAY SHOWDOWN! (No class 10/12)
9:00am - 10:00am					TOTAL BODY THURSDAY (Cardio/Strength)!		
9:15am - 10:15am			UNLEASH YOUR BEAST (BOOT CAMP 10/8 & 10/22)				
4:45pm - 5:45pm		VIRTUAL CLASS at gym	VIRTUAL CLASS at gym	VIRTUAL CLASS at gym	VIRTUAL CLASS at gym		
5:45pm - 6:45pm							