

Class Schedule October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Muscle Pump – 6am Bosu Challenge – 12:15 Yogatone – 5:30pm	2 Core Blast – 8:30am Total Body Intervals – 12:15 HIIT – 5:30pm	3 Tabata – 6am Tabata – 12:15 Muscle Jamz – 5:30pm	4 Strength N Flow – 12:15 Strength N Flow – 5:30pm	5 HIIT – 6am Step Challenge – 10:15	6	7 HIIT/Barre – 4pm
8 Muscle Pump – 6am Bosu Challenge – 12:15 Yogatone – 5:30pm	9 Core Blast – 8:30am Total Body Intervals – 12:15 HIIT – 5:30pm	10 Tabata – 6am Tabata – 12:15 Muscle Jamz – 5:30pm	11 Cardio Yogatone – 12:15 Strength N Flow – 5:30pm	12 HIIT – 6am Step Challenge – 10:15	13	14 AMPD – 4pm
15 Muscle Pump – 6am Bosu Challenge – 12:15 Yogatone – 5:30pm	16 Core Blast – 8:30am Total Body Intervals – 12:15 HIIT – 5:30pm	17 Tabata – 6am Tabata – 12:15 Muscle Jamz – 5:30pm	18 Cardio Yogatone – 12:15 HIIT Yoga – 5:30pm	19 HIIT – 6am Step Challenge – 10:15	20 Bootcamp – 8am	21 AMPD – 4pm
22 Muscle Pump – 6am Bosu Challenge – 12:15 Yogatone – 5:30pm	23 Core Blast – 8:30am Total Body Intervals – 12:15 HIIT – 5:30pm	24 Tabata – 6am Tabata – 12:15 Muscle Jamz – 5:30pm	25 Cardio Yogatone – 12:15 Strength N Flow – 5:30pm	26 HIIT – 6am Step Challenge – 10:15	27 Bootcamp – 8am	28 HIIT/Barre – 4pm
29 Muscle Pump – 6am Bosu Challenge – 12:15 Yogatone – 5:30pm	30 Core Blast – 8:30am Total Body Intervals – 12:15 HIIT – 5:30pm	31 Tabata – 6am Tabata – 12:15 Muscle Jamz – 5:30pm				

Subject to change: Final schedule is available online.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY