

# Class Schedule October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Tone Up – 9am  Tabata – 12:15  TKO – 5:30pm	2 HIIT – 6am  Total Body Conditioning – 5:30pm	3 Kettlebells – 12:15  Categories - 5:30pm	4 TRX Mix – 6am  Tabata – 10:15am	5	6
7 Core Blast – 6am  Step Class – 12:15  Muscle Pump – 5:30pm	8 Tone Up – 9am  Tabata – 12:15  TKO – 5:30pm	9 HIIT – 6am  Total Body Conditioning – 5:30pm	10 Kettlebells – 12:15  Categories - 5:30pm	11 TRX Mix – 6am  Tabata – 10:15am	12	13 Circuits – 8am
14 Core Blast – 6am  Step Class – 12:15  Muscle Pump – 5:30pm	15 Tone Up – 9am  Tabata – 12:15  TKO – 5:30pm	16 HIIT – 6am  Total Body Conditioning – 5:30pm	17 Kettlebells – 12:15  Categories - 5:30pm	18 TRX Mix – 6am  Tabata – 10:15am	19	20 Categories – 8am
21 Core Blast – 6am  Step Class – 12:15  Muscle Pump – 5:30pm	22 Tone Up – 9am  Tabata – 12:15  TKO – 5:30pm	23 HIIT – 6am  Total Body Conditioning – 5:30pm	24 Kettlebells – 12:15  Categories - 5:30pm	25 TRX Mix – 6am  Tabata – 10:15am	26	27 Circuits – 8am
28 Core Blast – 6am  Step Class – 12:15  Muscle Pump – 5:30pm	29 Tone Up – 9am  Tabata – 12:15  TKO – 5:30pm	30 HIIT – 6am  Total Body Conditioning – 5:30pm	31 Kettlebells – 12:15  Categories - 5:30pm			

Subject to change: Final schedule is available online.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY