



Group Fitness schedule October

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	6:15am Circuit Training	6:00am Body Pump		6:00am Body Pump	6:00am Cycle	8:30am Body Pump/ 9:45am YOGA
PM	6:00pm Body Pump	6:00pm Body Attack	6:00pm Body Pump	6:00pm Body combat 7:00 pm Yogatuneup		

Fit for Life 24

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