



OCTOBER 2021 GROUP FITNESS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	6:00PM BODYATTACK DENISSE	6:00 AM BODYPUMP TAMEKA		6:00 AM BODYPUMP TRISHA	6:00 AM CYCLE TAMEKA	8:30 AM BODYPUMP (TAMEKA)
5:00 PM		5:00 PM VINYASA YOGA JILL	6:00 PM BODYPUMP TRACEY		5:30 PM BODYPUMP CHRIS	9:30AM** ZUMBA JESSICA
5:30PM	6:00 PM BODYATTACK DENISSE			6:00 PM BODYCOMBAT JEN		
6:00PM		6:00 PM** ZUMBA JESSICA				10:30 AM Vinyasa Yoga Jill

**ZUMBA CLASSES WILL NOT BEGIN UNTIL OCTOBER 19, 2021

