



Substitute Class Or Instructor

Group Fitness Classes - October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 No Classes	2 8:30a-9:30 BodyPump – Rachael 9:45a-10:45 Yoga - Hannah	3 8:00a-8:30 Grit Strength – Bobby 8:30a-9 Stretch&Mobility-Bobby	4 8:30a-9:30 Zumba – Bobby	5 8:15a-9:15 Step Interval – Elbert	6 8:30a-9:30 BodyPump - Rachael 9:45a-10:45 Yoga - Hannah	7 8:30a-9:30 BodyPump - Bobby 10a-11 HighFitness-Emily
	5:30p-6:30 Cycling – Heather 6:30p-7:30 Zumba – Chanel	5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Ashley	7:00p-8:00 Hip Hop – Stephanie	6:30p-7:30 HighFitness - Emily		
8 No Classes	9 8:30a-9:30 BodyPump – Rachael 9:45a-10:45 Yoga - Hannah	10 8:00a-8:30 Grit Strength – Bobby 8:30a-9 Stretch&Mobility-Bobby	11 8:30a-9:30 Zumba – Bobby	12 8:15a-9:15 Step Interval – Bobby	13 8:30a-9:30 BodyPump - Lisa 9:45a-10:45 Yoga - Hannah	14 8:30-9:30 Cycling - Rachael 10a-11 Yoga - Hannah
	5:30p-6:30 Cycling – Lisa 6:30p-7:30 Zumba – Chanel	5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Ashley	7:00p-8:00 Hip Hop – Stephanie	6:30p-7:30 BodyCombat-Heather		
15 No Classes	16 8:30a-9:30 BodyPump – Rachael 9:45a-10:45 Yoga - Hannah	17 8:00a-8:30 Grit Strength – Bobby 8:30a-9 Stretch&Mobility-Bobby	18 8:30a-9:30 Zumba – Bobby	19 8:15a-9:15 Step Interval – Elbert	20 8:30a-9:30 BodyPump - Rachael 9:45a-10:45 Yoga - Hannah	21 8:30a-9:30 BodyPump - Bobby 10a-11 HighFitness-Emily
	5:30p-6:30 Cycling – Heather 6:30p-7:30 Zumba – Chanel	5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Ashley	7:00p-8:00 Hip Hop – Stephanie	6:30p-7:30 HighFitness - Emily		



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