



OCTOBER 2022 GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 AM	*****	6:00 AM	6:00 AM	8:30 AM
	BODY PUMP W/ TAMEKA	12 NOON YOGA SCULPT w/BRANDI	BODY PUMP W/ TRISHA	CYCLE W/ TAMEKA	BODYPUMP W/ TAMEKA
	5:00PM YOGA W/JILL		5:00 PM YOGA W/ JILL		
6:00 PM	6:00 PM	6:00 PM	6:00 PM	5:30 PM	
BODY ATTACK W/ DENISSE	ZUMBA W/YVONNE	BODY PUMP W/ TRACEY	BODY COMBAT W/ JOEL&JENN	BODYPUMP W/ CHRISTY	