

October

2019

Fit For Life 24 Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 BODYPUMP: 5:40AM PUMPED UP: 9:30 AM SENIOR FIT: 11:15 AM BODYATTACK: 6:00 PM BOOTCAMP: 6:30 PM YOGA: 7:00 PM	2 CYCLE: 5:40 AM BOOTCAMP: 9:00AM SENIOR FIT: 11:15AM ZUMBA: 5:45PM BOOTCAMP: 6:00 PM BODYPUMP: 6:30 PM	3 BODYPUMP: 5:40 AM CYCLE H.I.I.T: 9:30 AM SENIOR FIT: 11:00 AM BODYATTACK: 5:30 PM ZUMBA: 6:20 PM BOOTCAMP: 6:30 PM	4 CYCLE: 6:00 AM YOGA: CANCELED BOOTCAMP: 9:00 AM BODYCOMBAT: 2:00 PM BODYPUMP: 5:30 PM	5 BODYPUMP: 8:45AM BOOTCAMP: 9:00 AM BODYATTACK: 10:00 AM
6	7 BOOTCAMP: 9:00 AM BODYPUMP: 5:30 PM BOOTCAMP: 6:00 PM CYCLE: 6:15 PM BODYCOMBAT: 6:30 PM	8 BODYPUMP: 5:40AM PUMPED UP: 9:30 AM SENIOR FIT: 11:15 AM BODYATTACK: 6:00 PM BOOTCAMP: 6:30 PM YOGA: 7:00 PM	9 CYCLE: 5:40 AM BOOTCAMP: 9:00AM SENIOR FIT: 11:15AM ZUMBA: 5:45PM BOOTCAMP: 6:00 PM BODYPUMP: 6:30 PM	10 BODYPUMP: 5:40 AM CYCLE H.I.I.T: 9:30 AM SENIOR FIT: 11:00 AM BODYATTACK: 5:30 PM ZUMBA: 6:20 PM BOOTCAMP: 6:30 PM	11 CYCLE: 6:00 AM YOGA: 9:15AM BOOTCAMP: 9:00 AM BODYCOMBAT: 2:00 PM BODYPUMP: 5:30 PM	12 BODYPUMP: 8:45AM BOOTCAMP: 9:00 AM BODYATTACK: 10:00 AM
13	14 BOOTCAMP: 9:00 AM BODYPUMP: 5:30 PM BOOTCAMP: 6:00 PM CYCLE: 6:15 PM BODYCOMBAT: 6:30 PM	15 BODYPUMP: 5:40AM PUMPED UP: 9:30 AM SENIOR FIT: 11:15 AM BODYATTACK: 6:00 PM BOOTCAMP: 6:30 PM YOGA: 7:00 PM	16 CYCLE: 5:40 AM BOOTCAMP: 9:00AM SENIOR FIT: 11:15AM ZUMBA: 5:45PM BOOTCAMP: 6:00 PM BODYPUMP: 6:30 PM	17 BODYPUMP: 5:40 AM CYCLE H.I.I.T: 9:30 AM SENIOR FIT: 11:00 AM BODYATTACK: 5:30 PM ZUMBA: 6:20 PM BOOTCAMP: 6:30 PM	18 CYCLE: 6:00 AM YOGA: 9:15AM BOOTCAMP: 9:00 AM BODYCOMBAT: 2:00 PM BODYPUMP: 5:30 PM	19 LAUNCH DAY: BODYPUMP: 8:45AM BOOTCAMP: 9:00 AM BODYATTACK: 10:00 AM

20	<p>21</p> <p>LAUNCH DAY: BOOTCAMP: 9:00 AM BODYPUMP: 5:30 PM BOOTCAMP: 6:00 PM CYCLE: 6:15 PM BODYCOMBAT: 6:30 PM</p>	<p>22</p> <p>BODYPUMP: 5:40AM PUMPED UP: 9:30 AM SENIOR FIT: 11:15 AM BODYATTACK: 6:00 PM BOOTCAMP: 6:30 PM YOGA: 7:00 PM</p>	<p>23</p> <p>LAUNCH DAY: CYCLE: 5:40 AM BOOTCAMP: 9:00AM SENIOR FIT: 11:15AM ZUMBA: 5:45PM BOOTCAMP: 6:00 PM BODYPUMP: 6:30 PM</p>	<p>24</p> <p>BODYPUMP: 5:40 AM CYCLE H.I.I.T: 9:30 AM SENIOR FIT: 11:00 AM BODYATTACK: 5:30 PM ZUMBA: 6:20 PM BOOTCAMP: 6:30 PM</p>	<p>25</p> <p>CYCLE: 6:00 AM YOGA: 9:15AM BOOTCAMP: 9:00 AM BODYCOMBAT: 2:00 PM BODYPUMP:5:30 PM</p>	<p>26</p> <p>BODYPUMP:8:45AM BOOTCAMP: 9:00 AM BODYATTACK: 10:00 AM</p>
27	<p>28</p> <p>BOOTCAMP: 9:00 AM BODYPUMP: 5:30 PM BOOTCAMP: 6:00 PM CYCLE: 6:15 PM BODYCOMBAT: 6:30 PM</p>	<p>29</p> <p>BODYPUMP: 5:40AM PUMPED UP: 9:30 AM SENIOR FIT: 11:15 AM BODYATTACK: 6:00 PM BOOTCAMP: 6:30 PM YOGA: 7:00 PM</p>	<p>30</p> <p>CYCLE: 5:40 AM BOOTCAMP: 9:00AM SENIOR FIT: 11:15AM ZUMBA: 5:45PM BOOTCAMP: 6:00 PM BODYPUMP: 6:30 PM</p>	<p>31</p> <p>BODYPUMP: 5:40 AM CYCLE H.I.I.T: 9:30 AM SENIOR FIT: 11:00 AM BODYATTACK: 5:30 PM ZUMBA: 6:20 PM BOOTCAMP: 6:30 PM</p>		