

October 2019

*** MUST be signed up online to attend class**

SMARTFIT360

HWY 33

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>9:30 Brian HIIT UB</p> <p>5:30 Trey HIIT TB 6:00 Trey CORE BLAST 6:30 Trey HIIT TB</p>	<p>1</p> <p>9:30 Eric BOOTCAMP</p> <p>5:30 Liz HIIT LB 6:00 Liz CORE BLAST 6:30 Liz HIIT LB</p>	<p>2</p> <p>9:30 Brian HIIT LB</p> <p>5:30 Trey Upper Body 6:00 Trey CORE BLAST 6:30 Trey HIIT Upper Body</p>	<p>3</p> <p>9:30 Eric HIIT TB</p> <p>5:30 Liz Bootcamp 6:00 Liz CORE BLAST 6:30 Liz Bootcamp</p>	<p>4</p> <p>9:30 Eric <i>Feel The Burn</i></p>	<p>5</p> <p>9:30 Miranda HIIT TB</p>
<p>7</p> <p>9:30 Brian BOOTCAMP</p> <p>5:30 Trey HIIT TB 6:00 Trey CORE BLAST 6:30 Trey HIIT TB</p>	<p>8</p> <p>9:30 Eric HIIT TB</p> <p>5:30 Liz BOOTCAMP 6:00 Liz CORE BLAST 6:30 Liz BOOTCAMP</p>	<p>9</p> <p>9:30 Brian HIIT LB</p> <p>5:30 Trey HIIT UB 6:00 Trey CORE BLAST 6:30 Trey HIIT UB</p>	<p>10</p> <p>9:30 Eric BOOTCAMP</p> <p>5:30 Liz BOOTCAMP 6:00 Liz CORE BLAST 6:30 Liz BOOTCAMP</p>	<p>11</p> <p>9:30 Eric <i>Feel the Burn</i></p>	<p>12</p> <p>9:30 Brian BOOTCAMP</p>
<p>14</p> <p>9:30 Brian HIIT TB</p> <p>5:30 Trey BOOTCAMP 6:00 Trey CORE BLAST 6:30 Trey BOOTCAMP</p>	<p>15</p> <p>9:30 Eric HIIT LB</p> <p>5:30 Liz HIIT TB 6:00 Liz CORE BLAST 6:30 Liz HIIT TB</p>	<p>16</p> <p>9:30 Brian BOOTCAMP</p> <p>5:30 Trey HIIT LB 6:00 Trey CORE BLAST 6:30 Trey HIIT LB</p>	<p>17</p> <p>9:30 Eric HIIT TB</p> <p>5:30 Brian HIIT UB 6:00 Brian CORE BLAST 6:30 Brian HIIT UB</p>	<p>18</p> <p>9:30 Eric <i>Feel The Burn</i></p>	<p>19</p> <p>9:30 Trey <i>Weekend Warrior</i></p>

21	22	23	24	25	26
<p>9:30 Brian BOOTCAMP</p> <p>5:30 Trey HIIT UB 6:00 Trey CORE BLAST 6:30 Trey HIIT UB</p>	<p>9:30 Eric HIIT UP</p> <p>5:30 Liz BOOTCAMP 6:00 Liz CORE BLAST 6:30 Liz BOOTCAMP</p>	<p>9:30 Brian HIIT LB</p> <p>5:30 Trey HIIT LB 6:00 Trey CORE BLAST 6:30 Trey HIIT LB</p>	<p>9:30 Eric BOOTCAMP</p> <p>5:30 Liz HIIT UB 6:00 Liz CORE BLAST 6:30 Liz HIIT UB</p>	<p>9:30 Eric <i>Feel The Burn</i></p>	<p>9:30 Brian BOOTCAMP</p>
<p>28</p> <p>9:30 Brian HIIT TB</p> <p>5:30 Trey BOOTCAMP 6:00 Trey CORE BLAST 6:30 Trey BOOTCAMP</p>	<p>29</p> <p>9:30 Eric HITT UB</p> <p>5:30 Liz HITT LB 6:00 Liz HITT CORE BLAST 6:30 Liz HITT LB</p>	<p>30</p> <p>9:30 Brian HITT TB</p> <p>5:30 HITT TB 6:00 CORE BLAST 6:30 HITT TB</p>	<p>31</p> <p>9:30 Eric HITT LB</p> <p>5:30 Liz BOOTCAMP 6:00 Liz CORE BLAST 6:30 Liz BOOTCAMP</p>		