

OCTOBER

2023 GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 AM CIRCUIT TRAINING W/ANNETTE	6:00 AM BODY PUMP W/ TAMEKA OR NANCY		6:00 AM BODY PUMP W/ TRISHA	6:00 AM CYCLE W/ TAMEKA	8:30 AM BODYPUMP W/ TAMEKA
	5:00 PM YOGA W/GENE		5:00 PM YOGA W/ JILL		
6:00 PM BODY ATTACK W/ DENISSE		6:00 PM BODY PUMP W/ TRACEY	6:00 PM BODY COMBAT W/ Annette & Trisha		

