

# October 2017 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> 8:00-9:00am Spin w Judy  2:15-3:15pm Hip Hop 3:15-4:45pm Jazz 5:15-6:15pm Spin w Robyn	<b>3</b> 8:00-9:00am Spin w Judy 9:15-10:15am 60+ Spin 10:30-11:30am 60+ Spin 12:30 – 1:30pm Core Ess 3:00-4:30pm K/1/2 Ballet 6:30-7:30pm Pilates	<b>4</b> 7:45-8:45am HIIT 9:00-9:55am Zumba 10-10:55am Full Body Toning 3-4:30pm Gr2-6Modern 4:30-6pm Modern (A&T) 6-7:30pm Sr Performers	<b>5</b> 8:00-9:00am Spin w Judy  12:30-1:30pm Core Essentials  6:30-7:30pm Bootcamp	<b>6</b> 6:30-7:15am HIIT  3:00-4:00pm Acro 4:00-5:30pm Senior Ballet 5:30-6:30pm Point	<b>7</b> 9:00-9:55am Zumba 10:00-10:55am Full Body Toning
<b>8</b> 10:30-11:30am Yoga  12:45-1:40pm Zumba 1:45-2:40pm Bellyfit	<b>9</b> 8:00-9:00am Spin w Judy  2:15-3:15pm Hip Hop 3:15-4:45pm Jazz 5:15-6:15pm Spin w Robyn	<b>10</b> 8:00-9:00am Spin w Judy 9:15-10:15am 60+ Spin 10:30-11:30am 60+ Spin 12:30 – 1:30pm Core Ess 3:00-4:30pm K/1/2 Ballet 6:30-7:30pm Pilates	<b>11</b> 7:45-8:45am HIIT 9:00-9:55am Zumba 10-10:55am Full Body Toning 3-4:30pm Gr2-6Modern 4:30-6pm Modern (A&T) 6-7:30pm Sr Performers	<b>12</b> 8:00-9:00am Spin w Judy  12:30-1:30pm Core Essentials  6:30-7:30pm Bootcamp	<b>13</b> 6:30-7:15am HIIT  3:00-4:00pm Acro 4:00-5:30pm Senior Ballet 5:30-6:30pm Point	<b>14</b> 9:00-9:55am Zumba 10:00-10:55am Full Body Toning
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