

October Group Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
					GRAND OPENING	1:00- Yoga (Liz)
3	4	5	6	7	8	9
5:30- Bootcamp (Trae) 9:00- Yoga (Darci) 11:00- Senior Fit (Cressie) 12:00- Cardio Strength (Cressie) 4:25- Youth Sports Camp (Trae) 5:30- Bootcamp (Trae) 6:30- Yoga (Cressie)	5:30- Yoga/Strength (Cressie) 9:00- Step/TRX (Eva) 12:00- Combat Kick (Eva) 4:00- Kid's Yoga (Cressie & Darci) 6:30- Bootcamp (Eva)	5:30- Bootcamp (Trae) 9:00- Yoga (Darci) 11:00- Senior Fit (Cressie) 12:00- Cardio Strength (Cressie) 4:25- Youth Sports Camp (Trae) 5:30- Bootcamp (Trae) 6:30- Yoga (Cressie)	5:30- Step/Stretch (Cressie) 9:00- Step/TRX (Eva) 12:00- Combat Kick (Eva) 4:00- Kid's Yoga (Cressie & Darci) 4:30- Piloxing (Liz) 6:30- Bootcamp (Eva)	5:30- Bootcamp (Trae) 9:00- Stretch & Roll (Liz) 11:00- Senior Fit (Cressie) 12:00- Cardio Strength (Darci) 5:30- Bootcamp (Trae)	9:00- Yoga (Darci) 10:00- Abs/Glutes (Darci) 10:30- Piloxing (Liz)	1:00- Yoga (Liz)
10	11	12	13	14	15	16
5:30- Bootcamp (Trae) 9:00- Yoga (Darci) 11:00- Senior Fit (Cressie) 12:00- Cardio Strength (Cressie) 4:25- Youth Sports Camp (Trae) 5:30- Bootcamp (Trae) 6:30- Yoga (Cressie)	5:30- Yoga/Strength (Cressie) 9:00- Body Sculpt (Darci) 12:00- Combat Kick (Eva) 4:00- Kid's Yoga (Cressie & Darci) 6:30- Bootcamp (Eva)	5:30- Bootcamp (Trae) 9:00- Yoga (Darci) 11:00- Senior Fit (Cressie) 12:00- Cardio Strength (Cressie) 4:25- Youth Sports Camp (Trae) 5:30- Bootcamp (Trae) 6:30- Yoga (Cressie)	5:30- Step/Stretch (Cressie) 9:00- Step/TRX (Eva) 12:00- Combat Kick (Eva) 4:00- Kid's Yoga (Cressie & Darci) 4:30- Piloxing (Liz) 6:30- Bootcamp (Eva)	5:30- Bootcamp (Trae) 9:00- Stretch & Roll (Liz) 11:00- Senior Fit (Cressie) 12:00- Cardio Strength (Darci) 5:30- Bootcamp (Trae)	9:00- Yoga (Cressie) 10:00- Abs/Glutes (Cressie) 10:30- Piloxing (Liz)	1:00- Yoga (Liz)
17	18	19	20	21	22	23
5:30- Bootcamp (Trae) 9:00- Yoga (Darci) 11:00- Senior Fit (Cressie) 12:00- Cardio Strength (Cressie) 4:25- Youth Sports Camp (Trae) 5:30- Bootcamp (Trae) 6:30- Yoga (Cressie)	5:30- Yoga/Strength (Cressie) 9:00- Body Sculpt (Darci) 12:00- Combat Kick (Eva) 4:00- Kid's Yoga (Cressie & Darci) 6:30- Bootcamp (Eva)	5:30- Bootcamp (Trae) 9:00- Yoga (Darci) 11:00- Senior Fit (Cressie) 12:00- Cardio Strength (Cressie) 4:25- Youth Sports Camp (Trae) 5:30- Bootcamp (Trae) 6:30- Yoga (Cressie)	5:30- Step/Stretch (Cressie) 9:00- Step/TRX (Eva) 12:00- Combat Kick (Eva) 4:00- Kid's Yoga (Cressie & Darci) 4:30- Piloxing (Liz) 6:30- Bootcamp (Eva)	5:30- Bootcamp (Trae) 9:00- Stretch & Roll (Liz) 11:00- Senior Fit (Cressie) 12:00- Cardio Strength (Darci) 5:30- Bootcamp (Trae)	9:00- Yoga (Darci) 10:00- Abs/Glutes (Darci) 10:30- Piloxing (Liz)	1:00- Yoga (Liz)
24	25	26	27	28	29	30
5:30- Bootcamp (Trae) 9:00- Yoga (Darci) 11:00- Senior Fit (Cressie) 12:00- Cardio Strength (Cressie) 4:25- Youth Sports Camp (Trae) 5:30- Bootcamp (Trae) 6:30- Yoga (Cressie)	5:30- Yoga/Strength (Cressie) 9:00- Body Sculpt (Darci) 12:00- Combat Kick (Eva) 4:00- Kid's Yoga (Cressie & Darci) 6:30- Bootcamp (Eva)	5:30- Bootcamp (Trae) 9:00- Yoga (Darci) 11:00- Senior Fit (Cressie) 12:00- Cardio Strength (Cressie) 4:25- Youth Sports Camp (Trae) 5:30- Bootcamp (Trae) 6:30- Yoga (Cressie)	5:30- Step/Stretch (Cressie) 9:00- Step/TRX (Eva) 12:00- Combat Kick (Eva) 4:00- Kid's Yoga (Cressie & Darci) 4:30- Piloxing (Liz) 6:30- Bootcamp (Eva)	5:30- Bootcamp (Trae) 9:00- Stretch & Roll (Liz) 11:00- Senior Fit (Cressie) 12:00- Cardio Strength (Darci) 5:30- Bootcamp (Trae)	9:00- Yoga (Cressie) 10:00- Abs/Glutes (Cressie) 10:30- Piloxing (Liz)	1:00- Yoga (Cressie)
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