

October 2024 Group Fitness

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|---|---|---------------------------------|--|--------------------------------|---------------------------------------|
| | | 1 7:30a Strength 8:30a Strength 5:30p Strength | 2 10:30a Fitness 101 | 3 7:25a Strength 8:30a Strength 5:30p Fitness 101 | 4 8:30a Flexibility | 5 10:15a Core Conditioning |
| 6 | 7 8:30a Flexibility 9:30a Strength 5:30p Fitness 101 | 8 7:30a Strength 8:30a Strength 5:30p Strength | 9 10:30a Fitness 101 | 10 7:25a Strength 8:30a Strength 5:30p Fitness 101 | 11 8:30a Flexibility | 12 10:15a Core Conditioning |
| 13 | 14 8:30a Flexibility 9:30a Strength 5:30p Fitness 101 | 15 7:30a Strength 8:30a Strength 5:30p Strength | 16 10:30a Fitness 101 | 17 7:25a Strength 8:30a Strength 5:30p Fitness 101 | 18 8:30a Flexibility | 19 10:15a Core Conditioning |
| 20 | 21 8:30a Flexibility 9:30a Strength 5:30p Fitness 101 | 22 7:30a Strength 8:30a Strength 5:30p Strength | 23 10:30a Fitness 101 | 24 7:25a Strength 8:30a Strength 5:30p Fitness 101 | 25 8:30a Flexibility | 26 10:15a Core Conditioning |
| 27 | 28 8:30a Flexibility 9:30a Strength 5:30p Fitness 101 | 29 7:30a Strength 8:30a Strength 5:30p Strength | 30 10:30a Fitness 101 | 31 7:25a Strength 8:30a Strength 5:30p Fitness 101 | | |

October 2024 Semi-Privates

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

| | | | | | | |
|-----------|---|--|---|--|--|---|
| | | 1 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates | 2 5:40a Strength 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35 Pilates | 3 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates | 4 6:30a Strength 9:30a Pilates 11:15a Pilates | 5 8:25a Pilates 9:15a Pilates |
| 6 | 7 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates | 8 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates | 9 5:40a Strength 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35 Pilates | 10 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates | 11 6:30a Strength 9:30a Pilates 11:15a Pilates | 12 8:25a Pilates 9:15a Pilates |
| 13 | 14 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates | 15 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates | 16 5:40a Strength 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates | 17 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates | 18 6:30a Strength 9:30a Pilates 11:15a Pilates | 19 8:25a Pilates 9:15a Pilates |
| 20 | 21 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates | 22 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates | 23 5:40a Strength 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates | 24 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates | 25 6:30a Strength 9:30a Pilates 11:15a Pilates | 26 8:25a Pilates 9:15a Pilates |
| 27 | 28 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates | 29 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates | 30 5:40a Strength 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates | 31 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates | | |