

October 2018

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--------------------------------|---|
| 1. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm | 2. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm TABATA-Susan 6:00pm | 3. CYCLING-Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm | 4. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm TABATA-Susan 6:00pm | 5. CYCLING Angie 6:00am | 6. HARD CORE Dawn 10:00am |
| 8. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm | 9. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm TABATA-Susan 6:00pm | 10. CYCLING-Angie 6:00am 4:30 Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm | 11. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm TABATA-Susan 6:00pm | 12. CYCLING Angie 6:00am | 13. HARD CORE Dawn 10:00am Upstairs Room |
| 15. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm | 16. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm TABATA-Susan 6:00pm | 17. CYCLING-Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm | 18. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm TABATA-Susan 6:00pm | 19. CYCLING Angie 6:00am | 20. HARD CORE Dawn 10:00am Upstairs Room |
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