

OCTOBER 2016 FITNESS SCHEDULE

M	T	W	T	F	S	S
Pilates Allegro 60 minutes Valerie 9:00 am	Yoga 60 minutes Alexandra 7:30 am	Indoor Cycling 60 minutes Melody 8:30am	Yoga 60 minutes Alexandra 7:30 am	Yoga 60 minutes Laura 7:30 am	Yoga 60 minutes Marleen 9:00 am	Indoor Cycling 45 minutes Shebah 9:15 AM
Sculpt 60 minutes Claudia 9:00 am	Indoor Cycling 60 minutes Shebah 9:00 am	Yoga 60 minutes Alexandra 9:00 am	Indoor Cycling & Sculpt 90 minutes Robert 9:00 am	Sculpting 60 minutes Nate 8:30 am	Indoor cycling 60 minutes Alejandro 9:30 am	Pilates Allegro Jumpboard 60 minutes Valerie ◀ 10:15am
ABS 30 minutes Claudia 10:00am	Dance it Off! 60 minutes Osvaldo 10:00 am	Pilates Allegro 60 minutes Linda 10:00 am	TOC Ballroom Dance 60 minutes 10:00 am	Yoga 60 minutes Marleen 10:00 am	Pilates Allegro 60 minutes Valerie ◀ 10:15am	Yoga Fusion 90 minutes Laurie 12:00 pm
Iyengar Yoga 60 minutes Marleen 10:00am	Pilates Allegro 60 minutes Valerie ◀ 10:00 am	Boot Camp 45 minutes Shebah 10:00 am	Pilates Allegro 60 minutes Valerie ◀ 10:00 am	Barre 60 minutes Linda 9:30 am	Circuit Training 90 minutes Nate 10:30am	
Indoor Cycling 60 minutes Robert 11:00 am	Abs of Steel 30 minutes Shebah 10:30 am	Water Workout 60 minutes Alexandra 10:15 am	Sculpt 60 minutes Claudia 10:30 am	Pilates Allegro 60 minutes Linda 10:45 am		
Indoor Cycling 60 minutes Shebah 5:30 pm	Sculpting 45 minutes Shebah 11:00 am	Indoor cycling 60 minutes Robert 5:30pm	Indoor cycling 60 minutes Shebah 5:30pm	Water Workout 60 minutes Alexandra 11:00 am		
TOC Ballroom Dance 60 minutes 6:00 pm	Indoor Cycling 60 minutes Robert 6:15 pm	Yoga & Meditation 60 minutes Laurie 7:00 pm				
Yoga Fusion 60 minutes Laurie 7:00 pm						