


# OCTOBER GROUP X CLASSES

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/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>29</p> 	<p>30</p>	<p>1</p> <p>5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH <b>6:30PM-HIGH FITNESS-KATIE</b></p>	<p>2</p> <p>5:15AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI 5:30PM-YOGA-LIS</p>	<p>3</p> <p>5:00AM-SCULPT-KADI <b>GLUTES/ SHOULDERS</b> 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-KADI 4:30PM-SCULPT-ISAIAH <b>6:00PM-HIGH FITNESS-KATIE</b></p>	<p>4</p> <p>5:00AM-SPIN-KADI <b>8:30AM-SCULPT-AMANDA</b> 10:30AM-SS COMBO-AMY</p>	<p>5</p> <p>8:30AM-YOGA-LIS</p>
<p>6</p>	<p>7</p> <p>5:15AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI <b>TRI'S/ INNER</b> 5:30PM-YOGA-LIS</p>	<p>8</p> <p>5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH <b>6:30PM-HIGH FITNESS-KATIE</b></p>	<p>9</p> <p>5:15AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI 5:30PM-YOGA-LIS</p>	<p>10</p> <p>5:00AM-SCULPT-KADI <b>QUADS/ CORE</b> 8:30AM-SPIN FUSION-AMANDA 10:00AM-YOGA-KADI 4:30PM-SCULPT-ISAIAH <b>6:00PM-HIGH FITNESS-KATIE</b></p>	<p>11</p> <p>5:00AM-SPIN-KADI <b>8:30AM-SCULPT-AMANDA</b> 10:30AM-SS COMBO-KADI</p>	<p>12</p> <p>8:30AM-YOGA-LIS</p>
<p>13</p>	<p>14</p> <p>5:15AM-PILATES-JO 8:30AM-SPIN-AMANDA 10:30AM-SS COMBO-KADI 4:00PM-SCULPT-KADI <b>OUTTER/ CHEST</b> 5:30PM-YOGA-Lis</p>	<p>15</p> <p>5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH <b>6:30PM-HIGH FITNESS-KATIE</b></p>	<p>16</p> <p>5:15AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI <b>4:30PM-SPIN-AMY</b> 5:30PM-YOGA-LIS</p>	<p>17</p> <p>5:00AM-SCULPT-KADI <b>INNER/BI'S</b> 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-KADI 4:30PM-SCULPT-SUB <b>6:00PM-HIGH FITNESS-KATIE</b></p>	<p>18</p> <p>5:00AM-SPIN-KADI <b>8:30AM-SCULPT-AMANDA</b> 10:30AM-SS COMBO-AMY</p>	<p>19</p> <p>8:30AM-YOGA-LIS</p>
<p>20</p>	<p>21</p> <p>5:15AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI <b>QUADS &amp; CORE</b> 5:30PM-YOGA-JO</p>	<p>22</p> <p>5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH <b>6:30PM-HIGH FITNESS-KATIE</b></p>	<p>23</p> <p>5:15AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI 5:30PM-YOGA-LIS</p>	<p>24</p> <p>5:00AM-SCULPT-KADI <b>OUTTER / CHEST</b> 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-KADI 4:30PM-SCULPT-ISAIAH <b>6:00PM-HIGH FITNESS-KATIE</b></p>	<p>25</p> <p>5:00AM-SPIN-KADI <b>8:30AM-SCULPT-AMANDA</b> 10:30AM-SS COMBO-AMY</p>	<p>26</p> <p>8:30AM-YOGA-LIS</p>
<p>27</p>	<p>28</p> <p><b>CRAZY HAIR DAY!</b> 5:15AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI <b>HAMS &amp; CORE</b> 5:30PM-YOGA-Lis</p>	<p>29</p> <p><b>WEAR 'UR WACKY SOCKS!!</b> 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH <b>6:30PM-HIGH FITNESS-KATIE</b></p>	<p>30</p> <p><b>WEAR NEON!!</b> 5:15AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI <b>4:30PM-SPIN-AMY</b> 5:30PM-YOGA-LIS</p>	<p>31</p> <p><b>WEAR ORANGE 'N BLACK</b> 5:00AM-SCULPT-KADI <b>GLUTES/ BACK</b> 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-LIS <b>NO EVENING CLASSES</b></p>	<p>1</p>	<p>2</p>

ALL CLASSES TIMES AND INTRUCTORS ARE SUBJECT TO CHANGE OR CANCELLATION.