

# OCTOBER 2026

| SUNDAY | MONDAY                                                                                                                                                           | TUESDAY                                                                                                        | WEDNESDAY                                                                                                                                                       | THURSDAY                                                                                                                                                                    | FRIDAY                                                                                                                                          | SATURDAY                                                                                                       |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|        |                                                                                                                                                                  |                                                                                                                |                                                                                                                                                                 | 1<br>5:00AM-SCULPT-KADI<br><b>CORE/GLUTES</b><br>8:30AM-SPIN FUSION-AMY<br>5:00PM-SCULPT-HEATHER                                                                            | 2<br><b>5:00AM-SPIN-CECI</b><br>8:30AM-SCULPT-AMANDA<br><b>10:00AM-SS COMBO-LIS</b>                                                             | 3<br>8:30AM-YOGA-LIS                                                                                           |
| 4      | 5<br>5:00AM SCULPT - KADI<br><b>INNER/SHOULDERS</b><br>8:30AM-SPIN-AMY<br>10:00AM-SS COMBO-AMY<br><b>5:30PM-YOGA-CANDICE</b><br>6:45PM-HIGH FITNESS-<br>RACHELLE | 6<br>5:00AM-SPIN-KADI<br>8:30AM-SCULPT-AMY<br>10:00AM-YOGA-KADI<br>5:00PM-SCULPT-HEATHER<br>6:00PM PILATES-JO  | 7<br>5:00AM PILATES - JO<br>8:30AM-PILATES - TARYN<br><b>10:00AM-SS COMBO-AMANDA</b><br>4:30PM-SCULPT -AMY<br>5:30PM-YOGA-LIS<br>6:45PM-HIGH FITNESS-<br>KATIE  | 8<br>5:00AM-SCULPT-KADI<br><b>BACK/HAMS</b><br>8:30AM-SPIN FUSION-AMY<br><b>10AM POP-UP PILATES<br/>CANDICE</b><br><b>5:00PM-SCULPT-HEATHER<br/>BREAST CANCER AWARENESS</b> | 9<br>5:00AM-SPIN-KADI<br>8:30AM-SCULPT-AMANDA<br><b>9:15AM STRETCH - CANDICE</b><br><b>10:00AM-SS COMBO-LIS</b>                                 | 10<br>8:30AM-YOGA-LIS                                                                                          |
| 11     | 12<br>5:00AM SCULPT - KADI<br><b>CHEST/OUTTER</b><br>8:30AM-SPIN-AMY<br>10:00AM-SS COMBO-AMY<br>5:30PM-YOGA-LIS<br>6:45PM-HIGH FITNESS-<br>RACHELLE              | 13<br>5:00AM-SPIN-KADI<br>8:30AM-SCULPT-AMY<br>10:00AM-YOGA-KADI<br>5:00PM-SCULPT-HEATHER<br>6:00PM PILATES-JO | 14<br>5:00AM PILATES - JO<br>8:30AM-PILATES - TARYN<br><b>10:00AM-SS COMBO-KADI</b><br>4:30PM-SCULPT -AMY<br>5:30PM-YOGA-LIS<br>6:45PM-HIGH FITNESS-<br>KATIE   | 15<br>5:00AM-SCULPT-KADI<br><b>ARMS/QUADS</b><br>8:30AM-SPIN FUSION-AMY<br>5:00PM-SCULPT-HEATHER                                                                            | 16<br>5:00AM-SPIN-KADI<br>8:30AM-SCULPT-AMANDA<br><b>9:15AM STRETCH - CANDICE</b><br><b>10:00AM-SS COMBO-<br/>AMANDA</b>                        | 17<br>8:30AM-YOGA-LIS                                                                                          |
| 18     | 19<br>5:00AM SCULPT - KADI<br><b>BACK/HAMS</b><br>8:30AM-SPIN-AMY<br>10:00AM-SS COMBO-AMY<br>5:30PM-YOGA-LIS<br>6:45PM-HIGH FITNESS-<br>RACHELLE                 | 20<br>5:00AM-SPIN-KADI<br>8:30AM-SCULPT-AMY<br>10:00AM-YOGA-KADI<br>5:00PM-SCULPT-HEATHER<br>6:00PM PILATES-JO | 21<br>5:00AM PILATES - JO<br>8:30AM-PILATES - TARYN<br><b>10:00AM-SS COMBO-KADI</b><br>4:30PM-SCULPT -AMY<br>5:30PM-YOGA-LIS<br>6:45PM-HIGH FITNESS-<br>KATIE   | 22<br>5:00AM-SCULPT-KADI<br><b>INNER/SHOULDERS</b><br>8:30AM-SPIN FUSION-AMY<br><b>10AM POP-UP PILATES<br/>CANDICE</b><br>5:00PM-SCULPT-HEATHER                             | 23<br>5:00AM-SPIN-KADI<br>8:30AM-SCULPT-AMANDA<br><b>9:15AM STRETCH - CANDICE</b><br><b>10:00AM-SS COMBO-LIS</b>                                | 24<br>8:30AM-YOGA-LIS                                                                                          |
| 25     | 26<br>5:00AM SCULPT - KADI<br><b>ARMS/QUADS</b><br>8:30AM-SPIN-AMY<br>10:00AM-SS COMBO-AMY<br>5:30PM-YOGA-LIS<br>6:45PM-HIGH FITNESS-<br>RACHELLE                | 27<br>5:00AM-SPIN-KADI<br>8:30AM-SCULPT-AMY<br>10:00AM-YOGA-KADI<br>5:00PM-SCULPT-HEATHER<br>6:00PM PILATES-JO | 28<br>5:00AM PILATES - JO<br>8:30AM-PILATES - TARYN<br><b>10:00AM-SS COMBO-AMANDA</b><br>4:30PM-SCULPT -AMY<br>5:30PM-YOGA-LIS<br>6:45PM-HIGH FITNESS-<br>KATIE | 29<br>5:00AM-SCULPT-KADI<br><b>OUTTER/CHEST</b><br>8:30AM-SPIN FUSION-AMY<br>5:00PM-SCULPT-HEATHER                                                                          | 30<br>5:00AM-SPIN-KADI<br>8:30AM-SCULPT-AMANDA<br><b>9:15AM STRETCH - CANDICE</b><br><b>10:00AM-SS COMBO &amp;<br/>COSTUME PARTY<br/>AMANDA</b> | 31<br>8:30AM-YOGA-LIS<br> |

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