

October 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 Body Sculpt 11:30 am – 12:30 pm Namaste Yoga 5:30 pm – 6:30 pm	3 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	4 Body Sculpt 11:30 am – 12:30 pm	5 Stretch Class 10:30 am - 11:30 am Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	6	7
8	9	10 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	11 Body Sculpt 11:30 am – 12:30 pm	12 Stretch Class 10:30 am - 11:30 am Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	13	14 Family Dog Training 9:00 am – 10:00 am
15	16 Body Sculpt 11:30 am – 12:30 pm Namaste Yoga 5:30 pm – 6:30 pm	17 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	18 Body Sculpt 11:30 am – 12:30 pm	19 Stretch Class 10:30 am - 11:30 am Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	20	21 Family Dog Training 9:00 am – 10:00 am
22	23 Body Sculpt 11:30 am – 12:30 pm Namaste Yoga 5:30 pm – 6:30 pm	24 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	25 Body Sculpt 11:30 am – 12:30 pm	26 Stretch Class 10:30 am - 11:30 am Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	27	28 Family Dog Training 9:00 am – 10:00 am
29	30 Body Sculpt 11:30 am – 12:30 pm Namaste Yoga 5:30 pm – 6:30 pm	31				