

Upstairs

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Cut-N-Tone Meredith 5:45 Triple Threat Amber	2 Intense 30 Minute Weight 5:30 Cut-N-Sweat Meredith {Class will stop at 6:00 just tonight}	3 8:30 Cardio Int. Meredith	4 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Kaden	5	6 9:00 HIIT Training Joanna
7	8 9:30 Cut-N-Tone Kaden 5:45 Extreme Circuit Kaden	9 5:30 Cut-N-Sweat Kaden	10 8:30 Cardio Int. Meredith	11 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Kaden	12	13 9:00 HIIT Training Joanna
14	15 9:30 Cut-N-Tone Kaden 5:45 Triple Threat Amber	16 5:30 Cut-N-Sweat Kaden	17 8:30 Cardio Int. Meredith	18 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Kaden	19	20 9:00 HIIT Training Joanna
21	22 9:30 Cut-N-Tone Kaden 5:45 Extreme Circuit Kaden	23 5:30 Cut-N-Sweat Kaden	24 8:30 Cardio Int. Meredith	25 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Kaden	26	27 9:00 HIIT Training Joanna
28	29 9:30 Cut-N-Tone Kaden 5:45 Triple Threat Amber	30 5:30 Cut-N-Sweat Kaden	31 8:30 Cardio Int. Meredith			