

Downstairs Schedule

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 5:15 am Muscle X Terry 12:10 Circuit Training: Michelle 5:45 Zumba Sam	2 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	3 5:15 am MX Terry 12:10 Step & Spin Michelle	4 12:10 Cut-N-Tone Joanna	5 12:10 H.I.I.T Michelle	6
7	8 5:15 am Muscle X Terry 12:10 Circuit Training: Michelle 5:45 Zumba Sam	9 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	10 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 House Party Sam	11 12:10 Cut-N-Tone Michelle	12 12:10 H.I.I.T. Michelle	13
14	15 5:15 am Muscle X Terry 12:10 Circuit Training: Michelle 5:45 Zumba Sam	16 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	17 5:15 am MX Terry 12:10 Step & Spin Michelle	18 12:10 Cut-N-Tone Joanna	19 12:10 H.I.I.T. Michelle	20
21	22 5:15 am Muscle X Terry 12:10 Circuit Training: Michelle 5:45 Zumba Sam	23 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	24 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 House Party Sam	25 12:10 Cut-N-Tone Michelle	26 12:10 H.I.I.T. Sorry..... No Class!	27
28	29 5:15 am Muscle X Terry 12:10 Circuit Training: Michelle 5:45 Zumba Sam	30 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	31 5:15 am MX Terry 12:10 Step & Spin Michelle			