



# October 2021



| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|---|--|--|--|--|--|---|
| 26<br>   | 27   | 28<br>  | 29   | 30<br>  | 1  | 2<br>    |
| 3<br>    | 4<br>6am Bootcamp<br>9am Cardio/Strength<br>10am Weights & Toning<br>10:15am Yoga Relax  | 5<br>6am Bootcamp<br>9:30am Pilates Fusion<br>5pm Spring Pilates                           | 6<br>9am Cardio/Strength<br>10am Weights & Toning<br>10:15am Yoga Relax  | 7<br>9:30am Pilates Fusion<br>4:30pm Hatha Yoga  | 8<br>10am Weights & Toning<br>    | 9<br>    |
| 10<br> | 11<br> | 12<br>9:30am Pilates Fusion  | 13<br>6am Bootcamp<br>9am Cardio/Strength<br>10am Weights & Toning<br>10:15am Yoga Relax<br>5pm Spring Pilates | 14<br>6am Bootcamp<br>9:30am Pilates Fusion<br>4:30pm Hatha Yoga   | 15<br>10am Weights & Toning<br> | 16<br> |
| 17<br> | 18<br>6am Bootcamp<br>9am Cardio/Strength<br>10am Weights & Toning<br>10:15am Yoga Relax | 19<br>6am Bootcamp<br>9:30am Pilates Fusion<br>5pm Spring Pilates                          | 20<br>9am Cardio/Strength<br>10am Weights & Toning<br>10:15am Yoga Relax                                       | 21<br>9:30am Pilates Fusion<br>4:30pm Hatha Yoga   | 22<br>10am Weights & Toning<br> | 23<br> |
| 24<br> | 25<br>9am Cardio/Strength<br>10am Weights & Toning<br>10:15am Yoga Relax                 | 26<br>9:30am Pilates Fusion  | 27<br>6am Bootcamp<br>9am Cardio/Strength<br>10am Weights & Toning<br>10:15am Yoga Relax<br>5pm Spring Pilates | 28<br>6am Bootcamp<br>9:30am Pilates Fusion<br>4:30pm Hatha Yoga   | 29<br>10am Weights & Toning<br> | 30<br> |
| 31<br> | 1  | 2<br> | 3  | <p><u>Class Instructors and Location</u></p> <p>Rhena - Pilates Fusion (L) and Yoga Relax (L)<br/>Bev - Cardio/Strength (L)<br/>Noah- Weights &amp; Toning (M)<br/>Pat - Bootcamp (M) and Spring Pilates (L)<br/>Alexis - Hatha Yoga (L)</p> <p>Location Key: (L) Loft, (M) Main Floor</p> |  |   |

