

2019 OCTOBER

SUNDAY

CALENDAR YEAR / MONTH

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---------------------------|--|---------------------------|-------------------------------------|----------------------------|
| 29 | 30 | 01 Barre Blend 6:00 PM | 02 9:00 AM Balance & Strength 6:00 PM PowerHour | 03 Barre Blend 6:00 PM | 04 9:00 AM Balance & Strength | 05 ZUMBA 9:30 AM |
| 06 | 07 9:00 AM Stretch & Flex for ALL 6:00 PM PowerHour | 08 Barre Blend 6:00 PM | 09 9:00 AM Balance & Strength 6:00 PM PowerHour | 10 Barre Blend 6:00 PM | 11 9:00 AM Balance & Strength | 12 ZUMBA Toning 9:30 AM |
| 13 | 14 9:00 AM Stretch & Flex for ALL 6:00 PM PowerHour | 15 Barre Blend 6:00 PM | 16 9:00 AM Balance & Strength 6:00 PM PowerHour | 17 Barre Blend 6:00 PM | 18 9:00 AM Balance & Strength | 19 ZUMBA 9:30 AM |
| 20 | 21 9:00 AM Stretch & Flex for ALL 6:00 PM PowerHour | 22 Barre Blend 6:00 PM | 23 9:00 AM Balance & Strength 6:00 PM PowerHour | 24 Barre Blend 6:00 PM | 25 9:00 AM Balance & Strength | 26 ZUMBA Toning 9:30 AM |
| 27 | 28 9:00 AM Stretch & Flex for ALL 6:00 PM PowerHour | 29 Barre Blend 6:00 PM | 30 9:00 AM Balance & Strength 6:00 PM PowerHour | 31 Barre Blend 6:00 PM | 01 | 02 |