October LIVE Schedule

*Classes are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT 7-7:30am Katy		**HIIT** 7-7:30am Jocelyn		**HIIT** 7-7:30am Jocelyn	**HIIT** 8-8:30am Julien	**HIIT** 7-7:30am Jocelyn
Ab Lab 8:30-8:45am Jocelyn			**Pilates** 8:30-9:15am Leslie		**Body Con** 9-9:45am Mary	**Body Con** 8:30-9:15am Mary
Latin Dance 9:30-10:15am Noel	**Body Con** 9:30-10:15am Noel	**Latin Dance** 9:30-10:15am Noel	**HIIT** 9:30-10:15am Noel	**Latin Dance** 9:30-10:15am Noel	**Latin Dance** 10-10:45am Noel	**Barre** 9:30-10:15am Vanessa
Senior Fitness 11-11:45am Mary	**Gentle Yoga** 11-11:45am Vanessa	**Senior Fitness** 11-11:45am Mary	**Senior Strength** 11-11:45am Mary	**Senior Fitness** 11-11:45am Mary	**Pilates** 11-11:45am Leslie	**Yoga** 11:30-12:15pm Dale
Body Con 12-12:45pm Katy	**HIIT 30** 12-12:30pm Katy	**Pilates** 12-12:30pm Dale	**HIIT** 12-12:30pm Jocelyn	**Barre** 12-12:30pm Vanessa		
				Ab Lab 1-1:15pm Jocelyn		
	Chair Fitness 3-3:45pm Dale		**Chair Fitness** 3-3:45pm Dale	**Pilates** 3-3:45pm Leslie		
				Yoga 4-4:45pm Leslie		
HIIT 5:30-6:00pm Julien	**Latin Dance** 5-5:45pm Noel	**Kickboxing** 5:30-6:00pm Katy	**Gentle Yoga** 5-5:45pm Vanessa			
Yoga 6:30-7:15pm Vanessa	**Pilates** 6-6:45pm Leslie	**Yoga** 6:30-7:15pm Leslie	**Body Con** 6-6:30pm Katy			
	Ab Lab 7-7:15pm Jocelyn		**Ab Lab** 7-7:30pm Noel			