

2025 OCTOBER

AEROBICS CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
			01 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Spin	02 9:30 AM Power Pump 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	03 9:30 AM Bootcamp	04
05	06 9:30 AM Bootcamp 11:30 AM HIIT 5:15 PM Spin	07 9:30 AM Flex & Stretch 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	08 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Spin	09 9:30 AM Power Pump 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	10 9:30 AM Bootcamp	11
12	13 NO CLASSES: COLUMBUS DAY	14 9:30 AM Flex & Stretch 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	15 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Spin	16 9:30 AM Power Pump 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	17 9:30 AM Bootcamp	18
19	20 9:30 AM Bootcamp 11:30 AM HIIT 5:15 PM Spin	21 9:30 AM Flex & Stretch 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	22 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Spin	23 9:30 AM Power Pump 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	24 9:30 AM Bootcamp	25
26	27 9:30 AM Bootcamp 11:30 AM HIIT 5:15 PM Spin	28 9:30 AM Flex & Stretch 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	29 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Spin	30 9:30 AM Power Pump 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	31 9:30 AM Bootcamp	