

October 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Flow Yoga 9:15-10:30	4 Pilates 5:15pm-6:15pm	5 <b>Body fat assessments all day</b> Zumba 5:30-6:30pm	6 Boot Camp 9:30-10:30am	7 <b>Body Fat assessments all day</b>	8
9	10 Flow Yoga 9:15-10:30	11 Pilates 5:15pm-6:15pm	12 Zumba 5:30-6:30pm	13 Boot Camp 9:30-10:30am	14 Zumba 5:30-6:30pm	15
16	17 Flow Yoga 9:15-10:30	18 Pilates 5:15pm-6:15pm	19 Nutrition workshop– Max Muscle 9-10AM Zumba 5:30-6:30pm	20 Boot Camp 9:30-10:30am	21 Zumba 5:30-6:30pm	22
23	24 Flow Yoga 9:15-10:30	25 Pilates 5:15pm-6:15pm	26 Nutrition workshop– Max Muscle 9-10Am Zumba 5:30-6:30pm	27 Boot Camp 9:30-10:30am	28 Zumba 5:30-6:30pm	29

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