 October 2020 Fitness Class Schedule

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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1  **Lower Body Blast with Derek 12PM**  **Spinning 6PM** | 2  **Spinning with Misty 5:30AM** | 3  **Piyo 8:30 AM- 9:15 AM**  **Zumba 9:15-10:00 AM** |
|  |  |  |  |  |  |
| 5  **Spinning with Kay 5:30AM**  **Core de Force 6PM (ZOOM)** | 6  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba 6PM** | 7  **Spinning with Brett 5:30AM**  **Core de Force 6 PM (ZOOM)** | 8  **Lower Body Blast with Derek 12PM**  **Spinning 6PM** | 9  **Spinning with Misty 5:30AM** | 10  **Piyo 8:30 AM- 9:15 AM**  **Zumba 9:15-10:00 AM** |
|  |  |  |  |  |  |
| 12  **Spinning with Kay 5:30AM**  **Core de Force 6PM (ZOOM)** | 13  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba 6P** | 14  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  **Core de Force 6 PM (ZOOM)** | 15  **Lower Body Blast with Derek 12PM**  **Spinning 6PM** | 16  **Spinning with Misty 5:30AM** | 17  **Piyo 8:30 AM- 9:15 AM**  **Zumba 9:15-10:00 AM** |
|  |  |  |  |  |  |
| 19  **Spinning with Kay**  **5:30AM**  **Core de Force 6PM**  **Pickleball 5-8PM (ZOOM)** | 20  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba 6PM** | 21  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  **Core de Force 6 PM (ZOOM)** | 22  **Lower Body Blast with Derek 12PM**  **Spinning 6PM** | 23  **Spinning with Misty 5:30AM** | 24  **Piyo 8:30 AM- 9:15 AM**  **Zumba 9:15-10:00 AM** |
|  |  |  |  |  |  |
| 26  **Spinning with Kay 5:30AM**  **Core de Force 6PM (ZOOM)**  **Pickleball 5-8PM** | **27**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba 6PM** | 28  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  **Core de Force 6 PM (ZOOM)** | 29  **Lower Body Blast with Derek 12PM**  **Spinning 6PM** | 30  **Spinning with Misty 5:30AM** | 31  **Piyo 8:30 AM- 9:15 AM**  **Zumba 9:15-10:00 AM** |
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