 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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