



October

Saturday Class Lineup



October 6th

8-Spin- Cici

9-BodyCombat- Karin

9-Water fit- Kellie

10:15-Yoga- Ester

October 20th

7-Step- Robin

8-Spin- Jamilia

9- BodyPump- Julie

9-Water Fit- Sally

10- Zumba Extravaganza

10:15-Yoga- Ali

October 13th

8-Spin- Monica

9-Les Mills Launch Sampler

9-Water Fit- Erica

10:15-Yoga- Ester

October 27th

8-Spin-Jenny

9-Barre-Marilyn

9-Water Fit- Erica

10:15-Yoga-Marilyn