



OCTOBER FITNESS CALENDAR



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM		Power Spin Elba		Power Spin Elba	Spin Elba	
10:00 AM		HIIT Elba		HIIT Elba	HIIT Elba	Spin Elba
11:00 AM	HIIT Elba		HIIT Elba		Kickboxing Isaiah	
5:00 PM	Boot Camp Chris		Boot Camp Chris			
6:00 PM		Boot Camp Chris		Boot Camp Chris		
7:00 PM		Spin Body Sculpt Tricia		Vinyasa Flow Raissa		

WELCOME ISAIAH!

Join Isaiah for his kickboxing class on
Fridays at 11AM.

A mix of Cardio and kickboxing
exercises!

STARTING OCTOBER 8TH!



Professional Grade Training