

October



2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 0600 Power Hour* 0830 Seymour Muscle* 1130 YOGA	2 1130 Power Hour* **1630 Jujitsu Class 1800 YOGA	3 0830 Seymour Muscle* 1130 ZUMBA	4	5
6	7 11:30 Stretch Zone **1630 Jujitsu Class	8 0600 Power Hour* 0830 Seymour Muscle* 1130 YOGA	9 1130 Power Hour* **1630 Jujitsu Class 1800 YOGA	10 0830 Seymour Muscle* 1130 ZUMBA	11	12
13	14 11:30 Stretch Zone **1630 Jujitsu Class	15 0600 Power Hour* 0830 SEYMOUR MUSCLE* 1130 YOGA	16 1130 Power Hour* **1630 Jujitsu Class 1800 YOGA	17 0830 Seymour Muscle* 1130 ZUMBA	18	19
20	21 11:30 Stretch Zone **1630 Jujitsu Class	22 0600 Power Hour* 0830 SEYMOUR MUSCLE* 1130 YOGA	23 1130 Power Hour* **1630 Jujitsu Class 1800 YOGA	24 0830 Seymour Muscle* 1130 ZUMBA	25	26
27	28 11:30 Stretch Zone **1630 Jujitsu Class	29 0600 Power Hour* 0830 SEYMOUR MUSCLE* 1130 YOGA	30 1130 Power Hour* **1630 Jujitsu Class 1800 YOGA	31 0830 Seymour Muscle* 1130 ZUMBA		

*FITNESS IMPROVEMENT(FIP) CLASS

** Fee required