



October Group Fitness Schedule – Wesley Chapel

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 am- Total Body - Kristen (L3) 9.30 am- Tai Chi - Earl (L1) 6.30pm – Zumba – Betsy (L3)	2 8:30 am- Total Abs & Barre Sculpt - Kristen (L2) 9.30am – Yoga – JoAnn (L1-2) 11:00 am- Advanced Tai Chi – Earl (L1) 7:00 pm- M.A. Fitness - Earl (L2)	3 8:30 am- Total Body - Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- Senior Fitness - Earl (L1)	4 8:30am - Zumba – Sheila (L3) 9:45 am- Pilates -Vicki (L2) 11:00 am- Advanced Tai Chi - Earl (L1)	5 8:30 am- Total Body - Melissa (L3) 9:30 am- Yoga Flow - Marie (L1) 11:00 am- Senior Fitness - Earl (L1)	6
8 8:30 am- Total Body - Kristen (L3) 9.30 am- Tai Chi - Earl (L1) 6.30pm – Zumba – Betsy (L3)	9 8:30 am- Total Abs & Barre Sculpt - Kristen (L2) 9.30am – Yoga – JoAnn (L1-2) 11:00 am- Advanced Tai Chi – Earl (L1) 7:00 pm- M.A. Fitness - Earl (L2)	10 8:30 am- Total Body - Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- Senior Fitness - Earl (L1)	11 8:30am - Zumba – Sheila (L3) 9:45 am- NO CLASS 11:00 am- Advanced Tai Chi - Earl (L1)	12 8:30 am- Total Body - Melissa (L3) 9:30 am- Yoga Flow - Marie (L1) 11:00 am- Senior Fitness - Earl (L1)	13
15 8:30 am- Total Body - Kristen (L3) 9.30 am- Tai Chi - Earl (L1) 6.30pm – Zumba – Betsy (L3)	16 8:30 am- Total Abs & Barre Sculpt - Kristen (L2) 9.30am – Yoga – JoAnn (L1-2) 11:00 am- Advanced Tai Chi – Earl (L1) 7:00 pm- M.A. Fitness - Earl (L2)	17 8:30 am- Total Body - Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- Senior Fitness - Earl (L1)	18 8:30am - Zumba – Sheila (L3) 9:45 am- Pilates -Megan (L2) 11:00 am- Advanced Tai Chi - Earl (L1)	19 8:30 am- Total Body - Melissa (L3) 9:30 am- Yoga Flow - Marie (L1) 11:00 am- Senior Fitness - Earl (L1)	20
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