

# October

MON

TUE

WED

THUR

FRI

1

0900-HIIT  
0700/1500-MPF  
1800-BJJ

2

0900-HIIT  
0700/1500-MPF  
1800-ZUMBA

3

0700/1500-MPF  
1800-BJJ

4

0900-HIIT

7

1800-ZUMBA

8

0900-HIIT  
0700/1500-MPF  
1800-BJJ

9

0900-HIIT  
0700/1500-MPF  
1800-ZUMBA

10

0700/1500-MPF  
1800-BJJ

11

FAMILY DAY  
24/7 ACCESS  
ONLY

14

COLUMBUS  
DAY 24/7  
ACCESS ONLY

15

0900-HIIT  
0700/1500-MPF  
1800-BJJ

16

0900-HIIT  
0700/1500-MPF  
1800-ZUMBA

17

0700/1500-MPF  
1800-BJJ

18

0900-HIIT

21

1800-ZUMBA

22

0900-HIIT  
0700/1500-MPF  
1800-BJJ

23

0900-HIIT  
0700/1500-MPF  
1800-ZUMBA

24

0700/1500-MPF  
1800-BJJ

25

0900-HIIT

28

1800-ZUMBA

29

0900-HIIT  
0700/1500-MPF  
1800-BJJ

30

0900-HIIT  
0700/1500-MPF  
1800-ZUMBA

31

0700/1500-MPF  
1800-BJJ

