



OCTOBER



SUN

MON

TUE

WED

THU

FRI

SAT

1	2 KICKBOXING TABATA	3	4 Toning	5	6 BALANCE STRENGTH AND STRETCH	7
8	9 COLUMBUS DAY INDIGENOUS PEOPLE'S DAY CIRCUITS	10	11 HighLow TABATA	12	13 HiYo	14
15	16 HIGH Toning	17	18 4321	19	20 YOGA	21
22	23 HighLow HiYo	24	25 HIGH Toning	26	27 NO CLASS	28
29	30 DRESS UP PARTY!	31 HALLOWEEN				