

SUN	MON	TUE	WED	THU	FRI	SAT
1 12:15-1:00pm VRT 1:00-1:30pm Just Abs	2 6:00-6:45am Kettlebell 8:15-9:00am Power Plyo 9:15-10:00am Yoga Flow 12:15-12:45pm Kettlebell 4:30-5:00pm Group Cycling 5:15-6:00pm Step Aerobics 6:15-6:45pm Just Abs	3 6:00-6:30am Group Cycling 8:15-9:00am Carolyn's Low Impact 9:15-10:00am VRT 10:15-11:00am Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-6:00pm Butt Busters 6:15-7:00pm H.I.T.	4 6:00-6:45am VRT 8:15-9:00am Core Zone Express 9:15-10:00am Silver & Fit 12:15-12:45pm Strength Training 3:45-4:15pm Just Abs 4:15-5:00pm Strength Training 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact 6:15-7:00pm VRT	5 6:00-6:30am Just Abs 8:15-9:00am Zumba Gold 9:15-10:00am Butt Busters 10:15-11:00am Strength Training 12:15-12:45pm Core Zone Express 3:30-4:00pm Group Cycling 4:15-5:00pm VRT 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:00-6:45pm Strength Training 6:30-7:15pm Zumba	6 6:00-6:30am Power Plyo 8:15-9:00am H.I.T. 9:15-10:00am Group Cycling 9:15-10:00am Silver & Fit 10:30-11:15am Yoga Flow 12:15-12:45pm Group Cycling 4:15-5:00pm Feist Fitness	7 7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:05-10:05am Hour of Power 10:15-11:00am VRT
8 12:15-1:00pm VRT 1:00-1:30pm Just Abs	9 6:00-6:45am Kettlebell 8:15-9:00am Power Plyo 9:15-10:00am Yoga Flow 12:15-12:45pm Kettlebell 4:30-5:00pm Group Cycling 5:15-6:00pm Step Aerobics 6:15-6:45pm Just Abs	10 6:00-6:30am Group Cycling 8:15-9:00am Carolyn's Low Impact 9:15-10:00am VRT 10:15-11:00am Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-6:00pm Butt Busters 6:15-7:00pm H.I.T.	11 6:00-6:45am VRT 8:15-9:00am Core Zone Express 9:15-10:00am Silver & Fit 12:15-12:45pm Strength Training 3:45-4:15pm Just Abs 4:15-5:00pm Strength Training 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact 6:15-7:00pm VRT	12 6:00-6:30am Just Abs 8:15-9:00am Zumba Gold 9:15-10:00am Butt Busters 10:15-11:00am Strength Training 12:15-12:45pm Core Zone Express 3:30-4:00pm Group Cycling 4:15-5:00pm VRT 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:00-6:45pm Strength Training 6:30-7:15pm Zumba	13 6:00-6:30am Power Plyo 8:15-9:00am H.I.T. 9:15-10:00am Group Cycling 9:15-10:00am Silver & Fit 10:30-11:15am Yoga Flow 12:15-12:45pm Group Cycling 4:15-5:00pm Feist Fitness	14 7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:05-10:05am Hour of Power 10:15-11:00am VRT
15 12:15-1:00pm VRT 1:00-1:30pm Just Abs	16 6:00-6:45am Kettlebell 8:15-9:00am Power Plyo 9:15-10:00am Yoga Flow 12:15-12:45pm Kettlebell 4:30-5:00pm Group Cycling 5:15-6:00pm Step Aerobics 6:15-6:45pm Just Abs	17 6:00-6:30am Group Cycling 8:15-9:00am Carolyn's Low Impact 9:15-10:00am VRT 10:15-11:00am Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-6:00pm Butt Busters 6:15-7:00pm H.I.T.	18 6:00-6:45am VRT 8:15-9:00am Core Zone Express 9:15-10:00am Silver & Fit 12:15-12:45pm Strength Training 3:45-4:15pm Just Abs 4:15-5:00pm Strength Training 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact 6:15-7:00pm VRT	19 6:00-6:30am Just Abs 8:15-9:00am Zumba Gold 9:15-10:00am Butt Busters 10:15-11:00am Strength Training 12:15-12:45pm Core Zone Express 3:30-4:00pm Group Cycling 4:15-5:00pm VRT 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:00-6:45pm Strength Training 6:30-7:15pm Zumba	20 6:00-6:30am Power Plyo 8:15-9:00am H.I.T. 9:15-10:00am Group Cycling 9:15-10:00am Silver & Fit 10:30-11:15am Yoga Flow 12:15-12:45pm Group Cycling 4:15-5:00pm Feist Fitness	21 7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:05-10:05am Hour of Power 10:15-11:00am VRT
22 12:15-1:00pm VRT 1:00-1:30pm Just Abs	23 6:00-6:45am Kettlebell 8:15-9:00am Power Plyo 9:15-10:00am Yoga Flow 12:15-12:45pm Kettlebell 4:30-5:00pm Group Cycling 5:15-6:00pm Step Aerobics 6:15-6:45pm Just Abs	24 6:00-6:30am Group Cycling 8:15-9:00am Carolyn's Low Impact 9:15-10:00am VRT 10:15-11:00am Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-6:00pm Butt Busters 6:15-7:00pm H.I.T.	25 6:00-6:45am VRT 8:15-9:00am Core Zone Express 9:15-10:00am Silver & Fit 12:15-12:45pm Strength Training 3:45-4:15pm Just Abs 4:15-5:00pm Strength Training 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact 6:15-7:00pm VRT	26 6:00-6:30am Just Abs 8:15-9:00am Zumba Gold 9:15-10:00am Butt Busters 10:15-11:00am Strength Training 12:15-12:45pm Core Zone Express 3:30-4:00pm Group Cycling 4:15-5:00pm VRT 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:00-6:45pm Strength Training 6:30-7:15pm Zumba	27 6:00-6:30am Power Plyo 8:15-9:00am H.I.T. 9:15-10:00am Group Cycling 9:15-10:00am Silver & Fit 10:30-11:15am Yoga Flow 12:15-12:45pm Group Cycling 4:15-5:00pm Feist Fitness	28 7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:05-10:05am Hour of Power 10:15-11:00am VRT
29 12:15-1:00pm VRT 1:00-1:30pm Just Abs	30 6:00-6:45am Kettlebell 8:15-9:00am Power Plyo 9:15-10:00am Yoga Flow 12:15-12:45pm Kettlebell 4:30-5:00pm Group Cycling 5:15-6:00pm Step Aerobics 6:15-6:45pm Just Abs	31 6:00-6:30am Group Cycling 8:15-9:00am Carolyn's Low Impact 9:15-10:00am VRT 10:15-11:00am Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-6:00pm Butt Busters 6:15-7:00pm H.I.T.	FITNESS FACTORY CLASSES OCTOBER 2017			