



October / November Park West Group Fitness Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------|------------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 8:00a - 9:00a BODYPUMP | 8:00a - 9:00a CYCLE | 8:00a - 9:00a BODYFLOW | 8:00a - 9:00a CYCLE | 8:00a - 9:00a BODYFLOW | 8:00a - 9:00a BODYPUMP |
| 9:30a - 10:30a BARRE | 9:30a - 10:30a BODYCOMBAT | 9:30a - 10:30a BODYSTEP | 9:30a - 10:30a BODYPUMP | 9:30a - 10:30a BODYPUMP | 9:30a - 10:30a BODYSTEP |
| 9:30a - 10:30a BODYSTEP | | | | | |
| 5:30p - 6:30p CYCLE | 5:30p - 6:30p BODYCOMBAT | 5:30p - 6:30p BODYPUMP | 5:30p - 6:30p WERQ | | |
| 5:30p - 6:30p BODYPUMP | | | | | |