



October

Summerville Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a - 6:30a CYCLE -Rena-	5:15a - 6:15a FORGE	9:00a - 10:00a BODYPUMP -Taylor-	5:30a - 6:30a TABATA/CORE	8:30a - 9:30a CYCLE -Donna-	8:30a - 9:30a BODYPUMP -Rena-
9:00a - 10:00a BODYPUMP -Laura-	6:30a-7:30a REDZONE	11:00a - 12:00p YOGA -Korin-	6:30a-7:30a REDZONE	10:30a - 11:30a YOGA -Tanya-	
11:00a - 12:00p YOGA -Tanya-	10:30a - 11:30a ZUMBA -Kirk-	5:30p - 6:30p TABATA/CORE -Rena-	9:00a - 10:00a STEP -Laura-	5:30p - 6:30p FORGE	
6:00p - 7:00p DANCE JAM -Chris-	5:00p - 6:00p STEP -Laura-	6:00p - 7:00p CYCLE -Mark-	5:30p - 6:30p FORGE	5:30p - 6:00p TABATA (30) -Rena-	
	5:30p - 6:30p CYCLE		6:00p - 7:00p DANCE JAM -Karissa-		