

# OCTOBER 2024 GROUP EX



**\*\* schedule/class formats subject to change based on demand**

	Mon 09/30	Tue 10/01	Wed 10/02	Thu 10/03	Fri 10/04
AM	5:15 - 6:00 Full Body Mix (T)	5:15 - 6:00 Total Body Tuesday (T)	5:15 - 6:00 Strength Focus (T)	5:15 - 6:00 Cardio & Core (T)	5:15 - 6:00 Kickboxing (T)
	9:00 - 10:00 FFL (J)		9:00 - 10:00 FFL (J)	9:00-10:00 FFL (J)	
PM	5:00 - 5:45 Strength Mix (J)	6:00 - 6:45 Total Body HIIT (J)	5:00 - 5:45 Strength Mix (J)	6:00 - 6:30 Kickboxing (J)	
	Mon 10/07	Tue 10/08	Wed 10/09	Thu 10/10	Fri 10/11
AM	5:15 - 6:00 Full Body Mix (T)	5:15 - 6:00 Upper Body Focus (T)	5:15 - 6:00 Cardio & Core (T)	5:15 - 6:00 Lower Body Focus (T)	5:15 - 6:00 Kickboxing (T)
	9:00 - 10:00 FFL (J)		9:00 - 10:00 FFL (J)		9:00 - 10:00 FFL (J)
PM	5:00 - 5:45 Strength Mix (J)	6:00 - 6:45 Totaly Body HIIT (J)	5:00 - 5:45 Strength Mix (J)	6:00 - 6:30 Kickboxing (J)	
	Mon 10/14	Tue 10/15	Wed 10/16	Thu 10/17	Fri 10/18
AM	5:15 - 6:00 Full Body Mix (T)	5:15 - 6:00 Upper Body Focus (T)	5:15 - 6:00 Cardio & Core (T)	5:15 - 6:00 Lower Body Focus (T)	5:15 - 6:00 Kickboxing (T)
	9:00 - 10:00 FFL (J)		9:00 - 10:00 FFL (J)		9:00 - 10:00 FFL (J)
PM	5:00 - 5:45 Strength Mix (J)	6:00 - 6:45 Total Body HIIT (J)	5:00 - 5:45 Strength Mix (J)	6:00 - 6:30 Kickboxing (J)	
	Mon 10/21	Tue 10/22	Wed 10/23	Thu 10/24	Fri 10/25
AM	5:15 - 6:00 Full Body Mix (T)	5:15 - 6:00 Upper Body Focus (T)	5:15 - 6:00 Cardio & Core (T)	5:15 - 6:00 Lower Body Focus (T)	5:15 - 6:00 Kickboxing (T)
	9:00 - 10:00 FFL (J)	9:00 - 10:00 FFL (J)		9:00-10:00 FFL	
PM	5:00 - 5:45 Strength Mix (J)	6:00 - 6:45 Totaly Body HIIT (J)	5:00 - 5:45 Strength Mix (J)	6:00 - 6:30 Kickboxing (J)	
	Mon 10/28	Tue 10/29	Wed 10/30	Thu 10/31	Fri 11/01
AM	5:15 - 6:00 Full Body Mix (T)	5:15 - 6:00 Upper Body Focus (T)	5:15 - 6:00 Cardio & Core (T)	5:15 - 6:00 Lower Body Focus (T)	5:15 - 6:00 Kickboxing (T)
	9:00 - 10:00 FFL (J)	9:00 - 10:00 FFL (J)		9:00-10:00 FFL	
PM	5:00 - 5:45 Strength Mix (J)	6:00 - 6:45 Total Body HIIT (J)	5:00 - 5:45 Strength Mix (J)	6:00 - 6:30 Kickboxing (J)	

**(J) Jolynne (T) Tami**

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