OCTOBER 2026

Fit For Life Spond Code: OVMVV ***All Other GEX: BRCIP***

Mon 10/05	Tue 10/06	Wed 10/07	Thu 10/08	Fri 10/09
5:00AM - 5:45AM Full Body Strength Mix **8:00AM - 8:45AM** Full Body Strength Mix **9:00AM - 9:50AM** Fit For Life *Machines* -------- **6:30PM - 7:15PM** Full Body Strength Mix	**5:00AM - 5:45AM** Cardio Special -------- **6:30PM - 7:15PM** Kickboxing	**5:00AM - 5:45AM** Full Body Strength Mix **9:00AM - 9:50AM** Fit For Life **10:00AM - 10:45AM** Machine Circuit	**5:00AM - 5:45AM** Cardio & Core -------- **6:30PM - 7:15PM** Cardio & Core	**5:00AM - 5:45AM** Full Body Strength Mix **8:00AM - 8:45AM** Full Body Strength Mix **9:00AM - 10:00AM** Fit For Life
Mon 10/12	**Tue 10/13**	**Wed 10/14**	**Thu 10/15**	**Fri 10/16**
5:00AM - 5:45AM Full Body Strength Mix **8:00AM - 8:45AM** Full Body Strength Mix **9:00AM - 9:50AM** Fit For Life *Machines* -------- **6:30PM - 7:15PM** Full Body Strength Mix	**5:00AM - 5:45AM** Cardio Special -------- **6:30PM - 7:15PM** Kickboxing	**5:00AM - 5:45AM** Full Body Strength Mix **9:00AM - 9:50AM** Fit For Life **10:00AM - 10:45AM** Machine Circuit	**5:00AM - 5:45AM** Cardio & Core -------- **6:30PM - 7:15PM** Cardio & Core	**5:00AM - 5:45AM** Full Body Strength Mix **8:00AM - 8:45AM** Full Body Strength Mix **9:00AM - 10:00AM** Fit For Life
Mon 10/19	**Tue 10/20**	**Wed 10/21**	**Thu 10/22**	**Fri 10/23**
5:00AM - 5:45AM Full Body Strength Mix **8:00AM - 8:45AM** Full Body Strength Mix **9:00AM - 9:50AM** Fit For Life *Machines* -------- **6:30PM - 7:15PM** Full Body Strength Mix	**5:00AM - 5:45AM** Cardio Special -------- **6:30PM - 7:15PM** Kickboxing	**5:00AM - 5:45AM** Full Body Strength Mix **9:00AM - 9:50AM** Fit For Life **10:00AM - 10:45AM** Machine Circuit	**5:00AM - 5:45AM** Cardio & Core -------- **6:30PM - 7:15PM** Cardio & Core	**5:00AM - 5:45AM** Full Body Strength Mix **8:00AM - 8:45AM** Full Body Strength Mix **9:00AM - 10:00AM** Fit For Life
Mon 10/26	**Tue 10/27**	**Wed 10/28**	**Thu 10/29**	**Fri 10/30**
5:00AM - 5:45AM Full Body Strength Mix **8:00AM - 8:45AM** Full Body Strength Mix **9:00AM - 9:50AM** Fit For Life *Machines* -------- ***NO EVENING*** TRUNK OR TREAT	**5:00AM - 5:45AM** Cardio Special -------- **6:30PM - 7:15PM** Kickboxing	**5:00AM - 5:45AM** Full Body Strength Mix **9:00AM - 9:50AM** Fit For Life **10:00AM - 10:45AM** Machine Circuit	**5:00AM - 5:45AM** Cardio & Core -------- ***NO EVENING*** BEGGAR'S NIGHT (assumed)	**5:00AM - 5:45AM** Full Body Strength Mix **8:00AM - 8:45AM** Full Body Strength Mix **9:00AM - 10:00AM** Fit For Life

CLASS ETIQUETTE:

- **Participants in group classes are asked to use the Spond app and update attendance in a timely manner.**
- Class schedule is subject to change based on regular attendance levels.
- Classes are generally not held without a minimum of 3 participants.
- Refer to the newsletter for more info & the Spond app for real time updates.