

October Group Fitness

2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 4:15 Pilates SI 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	2 5:15 BODYPUMP SL 7:00 BODYPUMP K'W 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	3 8:30 Yoga TA 9:45 BODYPUMP Angel 11:00 ZUMBA Sarah
4 1:30 ZUMBA Laurie •	5 5:15 BP HEAVY Angel 7:00 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	6 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	7 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE SI 6:15 HIIT JM 7:15 Pilates SI	8 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 4:15 Pilates TS 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 Rhythm Rush Rob&Sandra	9 5:15 BODYPUMP SL 7:00 BODYPUMP K'W 9:15 HIIT LF 10:15 BARRE KP 12:00 BODYPUMP TS	10 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Rob
11 1:30 ZUMBA Sandra	12 5:15 BODYPUMP K'W 7:00 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	13 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	14 5:15 BODYPUMP Angel 7:00 BP HEAVY Angel 9:00 Full Body Mobility Angel 9:15 HIIT Angel 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE CD 6:15 HIIT JM 7:15 Pilates TS	15 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 4:15 Pilates KP 5:15 Yoga TA 6:15 BODYPUMP Angel 7:30 ZUMBA Sarah	16 5:15 BODYPUMP SL 7:00 BODYPUMP K'W 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP TS	17 8:30 Yoga TA 9:45 BODYPUMP K'W 11:00 ZUMBA Sandra
18 1:30 Rhythn Rush with Rob & Sandra	19 5:15 BP HEAVY Angel 7:00 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	20 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sarah	21 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE SI 6:15 HIIT JM 7:15 Pilates SI	22 5:15 HIIT JM 8:15 BODYPUMP TS 9:15 Yoga TS 10:30 Booty Burn SI 12:00 BARRE KP 4:15 Pilates SI 5:15 Yoga TS 6:15 BODYPUMP MH 7:30 ZUMBA Rob	23 5:15 BODYPUMP SL 7:00 BODYPUMP K'W 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	24 8:30 Yoga TS 9:45 BODYPUMP CC 11:00 ZUMBA Rob
25 1:30 Zumba Laurie	26 5:15 BP HEAVY Angel 7:00 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	27 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	28 5:15 BODYPUMP Angel 7:00 BP HEAVY Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE SI 6:15 HIIT JM 7:15 Pilates SI	29 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 4:15 Pilates TS 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	30 5:15 BODYPUMP SL 7:00 BODYPUMP K'W 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	31 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Sarah