

Sunday 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17									
3:45pm BodyPump 5:05pm Yoga	Lisa Kat 5:45pm BodyStep 5:45pm RPM 6:50pm BodyPump	Maureen Kim W. TBA Margee Linda	6:00am Cycle 6:00am BodyPump 9:30am BodyPump 9:30am RPM 10:35am BodyFlow 4:40pm BodyStep 5:45pm BodyAttack 6:50pm BodyFlow	Deb Donna Naomi Lisa Naomi Loretta Taylor Catherine	5:45am BodyStep 9:30am BodyStep 10:35am BodyPump 5:45pm BodyPump 7:00pm Power Yoga	Loretta Jessica Kim W. Michelle Leilani	6:00am BodyPump 9:30am Body Combat 9:30am Cycle 10:35am BodyFlow 4:40pm BodyPump 5:45pm BodyStep/BodyAttack CHALLENGE (90min.)	Robb Robb Kim W. Catherine Linda Katie & Taylor	5:45am BodyAttack 8:35am BodyAttack X (45min.) 9:30am BodyPump 10:35am BodyFlow 4:40pm BodyStep 5:45pm BodyPump	Taylor Loretta Lisa Kim W. Nourma Michelle	9:00am BodyStep 9:00am RPM 60 10:05am BodyPump 11:10am BodyFlow LAUNCH PARTY!!	Loretta Kim Geoff Kat & Catherine			
Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24									
3:45pm BodyPump 5:05pm Yoga	Robb Kat	9:30am BodyStep 10:35am BodyPump	Maureen Kim W.	6:00am Cycle 6:00am BodyPump 9:30am BodyPump 9:30am RPM 10:35am BodyFlow 4:40pm BodyStep	Deb Nourma Linda Lisa Kim Jessica	5:45am BodyStep 9:30am BodyStep 10:35am BodyPump 5:45pm BodyAttack LAUNCH PARTY!!	Loretta Taylor & Loretta Kat	5:45pm BodyPump 7:00pm Power Yoga	Michelle Lisa	6:00am BodyPump 9:30am Body Combat 9:30am Cycle 10:35am BodyFlow 4:40pm BodyPump 5:45pm BodyStep/BodyAttack CHALLENGE (90min.)	Robb Robb Kim W. Catherine Lisa Katie & Taylor	5:45am BodyAttack 8:35am BodyAttack X (45min.) 9:30am BodyPump 10:35am BodyFlow 4:40pm BodyStep 5:45pm BodyPump	Taylor Loretta Lisa Kim W. Alison Michelle	9:00am BodyAttack 9:00am RPM 60 10:05am BodyPump LAUNCH PARTY!! 11:10am BodyFlow	Loretta Margee Geoff Kim & Lisa Kat
Sunday 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Friday 31									
3:45pm BodyPump 5:05pm Yoga	Lisa Kat  5:45pm BodyStep LAUNCH PARTY!! 5:45pm RPM 6:50pm BodyPump	Maureen Kim W. Loretta & ? Margee Linda	6:00am Cycle 6:00am BodyPump 9:30am BodyPump 9:30am RPM 10:35am BodyFlow 4:40pm BodyStep 5:45pm BodyAttack 6:50pm BodyFlow	Deb Nourma Catherine Lisa Kim Loretta Taylor Kat	5:45am BodyStep 9:30am BodyStep 10:35am BodyPump  5:45pm BodyPump 7:00pm Power Yoga (60min.)	Loretta Jessica Kim W. Michelle Lisa	6:00am BodyPump 9:30am Body Combat 9:30am Cycle 10:35am BodyFlow 4:40pm BodyPump 5:45pm BodyStep CHALLENGE (90min.)	Robb Robb Kim W. Catherine Linda Katie	5:45am BodyAttack 8:35am BodyAttack X (45min.) 9:30am BodyPump 10:35am BodyFlow 4:40pm BodyStep 5:45pm BodyPump	Alison Loretta Lisa Kim W. Alison Alison	9:00am BodyStep 9:00am RPM 60 10:05am BodyPump 11:10am BodyFlow	Loretta Margee Geoff Kat			
						Happy Halloween! 									