

October 2021 Camp Hill Golds Small Group Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p><i>\$10/Class</i> <i>5/\$45</i> <i>10/\$85</i> <i>\$99.99</i> <i>Unlimited</i></p>			1	<p>2 9am FORGED Harry Deadlift 6x4</p>
3	4	5	<p>6 5:30pm FORGED Harry Squat 5x8</p>	<p>7 5:30pm FORGED Harry DB Press 6x4</p>	8	<p>9 9am FORGED/ Harry BOOTCAMP</p>
10	11	12	<p>13 5:30pm FORGED Harry Squat 6x2</p>	<p>14 5:30pm FORGED Harry Push Press 6x3</p>	15	<p>16 9am FORGED Harry Deadlift 6x3</p>
17	18	19	<p>20 5:30pm FORGED Harry Squat 5x8</p>	<p>21 5:30pm FORGED/ Harry Bench Press 6x3</p>	22	<p>23 9am FORGED/ Harry BOOTCAMP</p>
24	25	26	<p>27 5:30pm FORGED Harry BOOTCAMP</p>	<p>28 5:30pm FORGED/ Harry Military Press 6x5</p>	29	<p>30 NO CLASS</p>
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