

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Fab & Fit	2 10:00 Aqua Aerobics	3 Step 9:00	4 9:00 Stability Ball	5	6
7	8 9:00 Fab & Fit	9 10:00 Aqua Aerobics	10 Step 9:00	11 9:00 Moving w/Weights	12	13
14	15 9:00 Fab & Fit	16 10:00 Aqua Aerobics	17 Step 9:00	18 9:00 Stability Ball	19	20
21	22 9:00 Fab & Fit	23 10:00 Aqua Aerobics	24 Step 9:00	25 9:00 Moving w/Weights	26	27
28	29 9:00 Fab & Fit	30 10:00 Aqua Aerobics	31 Step 9:00			

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Stability Ball	2	3
4	5 NO CLASS	6	7 NO CLASS	8 NO CLASS	9	10
11	12 9:00 Fab & Fit	13	14 Step 9:00	15 9:00 Stability Ball	16	17
18	19 9:00 Fab & Fit	20	21 Step 9:00	22 Thanksgiving NO CLASS	23	24
25	26 9:00 Fab & Fit	27	28 Step 9:00	29 9:00 Stability Ball	30	

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 9:00 Fab & Fit	4	5 Step 9:00	6 9:00 Moving w/Weights	7	8
9	10 9:00 Fab & Fit	11	12 Step 9:00	13 9:00 Stability Ball	14	15
16	17 9:00 Fab & Fit	18	19 Step 9:00	20 9:00 Moving w/Weights	21	22
23	24 NO CLASS	25 CHRISTMAS	26 NO CLASS	27 9:00 Stability Ball	28	29
30	31					