



OCTOBER STUDIO SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM			ELEVATE Sandi		ELEVATE Emily		
8:30 AM		YOGA SCULPT Jenn BARRE Summer (GX Room)	ELEVATE Mary	YOGA Angie	ELEVATE Mary	SLOW FLOW YOGA Jenn	ELEVATE Amber
9:00 AM			JUMP Katie (GX Room)		JUMP Ashley (GX Room)		
9:30 AM		IGNITE 45 Elizabeth (Turf) ELEVATE Brianna		IGNITE 45 Elizabeth (Turf) ELEVATE Janelle		ELEVATE Brianna	IGNITE 60 Rotating (Turf)
10:00 AM			BARRE Brianna (GX Room)		BARRE Britney (GX Room)	IGNITE 60 Kimber (Turf)	
10:30 AM							VINYASA FLOW Sandi
11:00 AM			KICKBOXING Elizabeth (GX Room)		KICKBOXING Kimber (GX Room)		
2:00 PM	ELEVATE Gina						
5:00 PM		KICKBOXING Maddie (GX Room)			IGNITE 60 Maddie (Turf)		
5:45 PM			IGNITE 45 Alexia (Turf)				
6:00 PM		VINYASA FLOW Rachel		VINYASA FLOW Melissa			