



# OCTOBER GX SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM		<b>BODY PUMP</b> Brittany		<b>STRONG</b> Rosa		<b>Total Body Tone</b> Brittany	
8:30 AM				<b>BODY PUMP</b> Katie		<b>HIGH FITNESS</b> Brianna	<b>HIGH FITNESS</b> Mina
9:30 AM		<b>BODY PUMP</b> Katie	<b>Les Mills CORE</b> Melissa L	<b>HIGH FITNESS</b> Brianna	<b>Les Mills CORE</b> Janelle	<b>BODY PUMP</b> Janelle	<b>PUMP INTERVAL</b> D'Lynn
10:30 AM		<b>HIGH FITNESS</b> Brianna		<b>Stretch &amp; Recover</b> Brianna			
5:45 PM			<b>HIGH FITNESS</b> Mina	<b>BODY PUMP</b> Melissa L	<b>HIGH FITNESS</b> Melleny		
6:00 PM		<b>BODY PUMP</b> Christy					