



# OCTOBER GX SCHEDULE

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