

October 2020 Schedule



Fitness Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	CYCLE 06:15- 07:05 am Bryanne				Outdoor Weekend Warrior 10:00am - 11:00 AI	
Total Body Conditioning 12:05 pm - 12:55 pm AI	HIIT 12:05- 12:55pm Jason	Complete Core 12:05-12:55 pm Bryanne	Fusion 12:10-1:00 pm AI	HIIT 12:05- 12:55pm Jason	Join us at Crescent Heights Park	



Mind Body Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Slow Burn 12:10 pm - 1:00 pm Christine	Power Flow Yoga 12:10-1:00 PM Sarah	Ashtanga Yoga 12:10-1:00 pm Christine	Barre 12:10-1:00 pm Sarah			

Bankers Hall
Clubs

