

# October

MON

TUE

WED

THUR

FRI

**1**

0900-HIIT  
0700/1500-MPF  
1800-BJJ

**2**

0900-HIIT  
0700/1500-MPF  
1800-ZUMBA

**3**

0700/1500-MPF  
1800-BJJ

**4**

0900-HIIT

**7**

1800-ZUMBA

**8**

0900-HIIT  
0700/1500-MPF  
1800-BJJ

**9**

0900-HIIT  
0700/1500-MPF  
1800-ZUMBA

**10**

0700/1500-MPF  
1800-BJJ

**11**

FAMILY DAY  
24/7 ACCESS  
ONLY

**14**

COLUMBUS  
DAY 24/7  
ACCESS ONLY

**15**

0900-HIIT  
0700/1500-MPF  
1800-BJJ

**16**

0900-HIIT  
0700/1500-MPF  
1800-ZUMBA

**17**

0700/1500-MPF  
1800-BJJ

**18**

0900-HIIT

**21**

1800-ZUMBA

**22**

0900-HIIT  
0700/1500-MPF  
1800-BJJ

**23**

0900-HIIT  
0700/1500-MPF  
1800-ZUMBA

**24**

0700/1500-MPF  
1800-BJJ

**25**

0900-HIIT

**28**

1800-ZUMBA

**29**

0900-HIIT  
0700/1500-MPF  
1800-BJJ

**30**

0900-HIIT  
0700/1500-MPF  
1800-ZUMBA

**31**

0700/1500-MPF  
1800-BJJ

