

OCTOBER

FITNESS CLASSES WITH DONNA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 YOGA 9:30 – 10:30 YOGA/WALKING 4:00 – 5:00	2 BOOM 9:30 – 10:30	3 YOGA 9:30 – 10:30	4
5	6 YOGA 9:30 – 10:30	7 CIRCUIT 9:30 – 10:30	8 YOGA 9:30 – 10:30 YOGA/WALKING 4:00 – 5:00	9 BOOM 9:30 – 10:30	10 YOGA 9:30 – 10:30	11
12	13 YOGA 9:30 – 10:30	14 NO CLASS DONNA'S BIRTHDAY !!!	15 YOGA 9:30 – 10:30 YOGA/WALKING 4:00 – 5:00	16 BOOM 9:30 – 10:30	17 YOGA 9:30 – 10:30	18
19	20 YOGA 9:30 – 10:30	21 CIRCUIT 9:30 – 10:30	22 YOGA 9:30 – 10:30 YOGA/WALKING 4:00 – 5:00	23 BOOM 9:30 – 10:30	24 YOGA 9:30 – 10:30	25
26	27 YOGA 9:30 – 10:30	28 CIRCUIT 9:30 – 10:30	29 YOGA 9:30 – 10:30 YOGA/WALKING 4:00 – 5:00	30 BOOM 9:30 – 10:30	31 YOGA 9:30 – 10:30 HAPPY HALLOWEEN	