

**Studio SI • October 2016 • WEST**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00a Zumba @ West 9:00a Insanity @ East
2 3:00 Zumba @ West 3:00 Zumba @ East	3 9:00a Zumba @ West 9:00a Zumba @ East 5:30 Zumba @ West 5:30 Zumba @ East 6:45 INSANITY @ West	4 4:15 Zumba @ West 4:15 Zumba @ East 5:30 TurboKick @ West 5:30 STRONG @ East 6:45 Zumba @ West 6:45 Zumba @ East	5 9:00a Zumba @ West 5:30 Zumba @ West 5:30 Zumba @ East 6:45 PiYo @ West 6:45 Zumba @ East	6 4:15 Zumba @ West 4:15 Zumba @ East 5:30 STRONG @ West 5:30 Zumba @ East 6:45 CLuB Fitness @ West	7 9:00a Zumba Toning @ West 9:00 Zumba @ East 5:30 Zumba @ East	8 9:00a Zumba @ West 9:00a Zumba @ East
9 3:00 Zumba @ West 3:00 Zumba @ East	10 9:00a Zumba @ West 9:00a Zumba @ East 5:30 Zumba @ West 5:30 Zumba @ East 6:45 Zumba Toning @ West	11 4:15 Zumba @ West 4:15 Zumba @ East 5:30 Zumba @ West 5:30 PiYo @ East 6:45 Zumba @ West 6:45 Zumba @ East	12 9:00a Zumba @ West 5:30 Zumba @ West 5:30 Zumba @ East 6:45 PiYo @ West 6:45 Zumba @ East	13 4:15 Zumba @ West 4:15 Zumba @ East 5:30 Zumba Toning MIX @ West 5:30 Zumba @ East 6:45 CLuB Fitness @ West	14 9:00a Zumba Toning @ West 9:00 Zumba @ East 5:30 Zumba @ East	15 9:00a Zumba @ West 9:00a Zumba @ East
16 3:00 Zumba @ West 3:00 Zumba @ East	17 9:00a Zumba @ West 9:00a Zumba @ East 5:30 Zumba @ West 5:30 Zumba @ East 6:45 INSANITY @ West	18 4:15 Zumba @ West 4:15 Zumba @ East 5:30 TurboKick @ West 5:30 STRONG @ East 6:45 Zumba @ West 6:45 Zumba @ East	19 9:00a Zumba @ West 5:30 Zumba @ West 5:30 Zumba @ East 6:45 PiYo @ West 6:45 Zumba @ East	20 4:15 Zumba @ West 4:15 Zumba @ East 5:30 STRONG @ West 5:30 Zumba @ East 6:45 CLuB Fitness @ West	21 9:00a Sentao @ West 9:00 Zumba @ East 5:30 Zumba @ East	22 9:00a Zumba @ West 9:00a R.I.P.P.E.D. @ East
23 3:00 Zumba @ West 3:00 Zumba @ East	24 9:00a Zumba @ West 9:00a Zumba @ East 5:30 Zumba @ West 5:30 Zumba @ East 6:45 Zumba Toning @ West	25 4:15 Zumba @ West 4:15 Zumba @ East 5:30 Zumba @ West 5:30 PiYo @ East 6:45 R.I.P.P.E.D. @ West 6:45 Zumba @ East	26 9:00a Zumba @ West 5:30 Zumba @ West 5:30 Zumba @ East 6:45 PiYo @ West 6:45 Zumba @ East	27 4:15 Zumba @ West 4:15 Zumba @ East 5:30 INSANITY @ West 5:30 Zumba @ East 6:45 CLuB Fitness @ West	28 9:00a Sentao @ West 9:00 Zumba @ East 5:30 Zumba @ East	29 9:00a STRONG @ West 9:00a Zumba @ East
30 3:00 Zumba @ West 3:00 Zumba @ East	31 9:00a Zumba @ West 9:00a Zumba @ East  Special Class – FREE FOR ALL MEMBERS! 4:15 Zumba @ EAST 5:30 Zumba @ WEST					

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