



October Saturday Switch Up Classes

Sat—Oct 4th

8:00 Mindful Mvmt—Andreea
8:15 Cycle—Monica
9:00 Aqua—Erica
9:00 Zumba—Ellen
10:30 Yoga—Ysabel

Sat-Oct 18th

8:00 Step—Robin
8:15 Cycle&Barre—Mary & Cierra
9:00 Aqua—Erica
9:00 Body Combat—Karin
10:30 Yoga—Ysabel

Sat-Oct 11th

8:00 Zumba—Ellen
8:15 Cycle—Kim
9:00 Aqua—Ester
9:00 Body Balance—Karin
10:30 Yoga—Nicole

Sat-Oct 25th

8:00 Step—Monica
8:15 Cycle—Mary
9:00 Aqua—Ester
9:00 Halloween Zumba with
Multiple Instructors!
10:30 Yoga—Ester