



October 2017

\$10 class drop-in fee or 8 class punch card for \$40.

Punch cards expire 8 weeks after purchase.

Personal Training or Private Lessons \$35/hr or 4/\$100. Sorry No Refunds.



Sun 1	Mon 2 6p - FIT w/Lora "Firm!Tone" 7p - Yoga - w/Lora	Tue 3 10am - Yoga - w/Lora 7pm - Country Line Dance - w//Amber FREE CLASS!!!!	Wed 4 6p - Intro to Belly Dance-w/Afsana 7p - Advanced Belly Dance-w/Afsana	Thur 5 10am - Yoga - w/Lora 6p - FIT w/Lora "Firm!Tone" 7p - Yoga - w/Lora	Fri 6	Sat 7 10a - Tabata w/Lora 11a - Advanced Belly Dance-w/Afsana 12p - Intro to Belly Dance-w/Afsana
Sun 8	Mon 9 6p - FIT w/Lora "Firm!Tone" 7p - Yoga - w/Lora	Tue 10 10am - Yoga - w/Lora 6:15p - 6:45 HiiT w/Amber "FREE CLASS!!!!" 7pm - Country Line Dance - w//Amber	Wed 11 6p - Intro to Belly Dance-w/Afsana 7p - Advanced Belly Dance-w/Afsana	Thur 12 10am - Yoga - w/Lora 6p - FIT w/Lora "Firm!Tone" 7p - Yoga - w/Lora	Fri 13	Sat 14 CLOSED
Sun 15	Mon 16 6p - FIT w/Lora "Firm!Tone" 7p - Yoga - w/Lora	Tue 17 10am - Yoga - w/Lora 7pm - Country Line Dance - w//Amber	Wed 18 6p - Intro to Belly Dance-w/Afsana 7p - Advanced Belly Dance-w/Afsana	Thur 19 10am - Yoga - w/Lora 6p - FIT w/Lora "Firm!Tone" 7p - Yoga - w/Lora	Fri 20	Sat 21 10a - Tabata w/Lora 11a - Advanced Belly Dance-w/Afsana 12p - Intro to Belly Dance-w/Afsana
Sun 22	Mon 23 6p - FIT w/Lora "Firm!Tone" 7p - Yoga - w/Lora	Tue 24 10am - Yoga - w/Lora 6:15p - 6:45 HiiT w/Amber 7pm - Country Line Dance - w//Amber	Wed 25 6p - Intro to Belly Dance-w/Afsana 7p - Advanced Belly Dance-w/Afsana	Thur 26 10am - Yoga - w/Lora 6p - FIT w/Lora "Firm!Tone" 7p - Yoga - w/Lora	Fri 27	Sat 28 CLOSED
Sun 29	Mon 30 6p - FIT w/Lora "Firm!Tone" 7p - Yoga - w/Lora	Tue 31 CLOSED	Wed 1	Thur 2	Fri 3	Sat 4