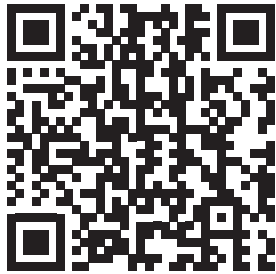


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TICKETS TODAY**

# FITNESS PROGRAM OCTOBER 2024

## TOWER BARRACKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 6pm - Spin	2 9am - Zumba STRONG 10am - Mixxed Fit 5:30pm - Zumba 6:30pm - All-Levels Yoga	3 12:00 - Yoga 6:30pm - Power Yoga	4	5 9:15am - Zumba STRONG 10:30am - All-Levels Yoga 11:30am - Mat Pilates
6	7 9am - Zumba 5pm - All-Levels Yoga 6:15pm - Zumba	8 6pm - Spin	9 9am - Zumba STRONG 10am - Mixxed Fit 5:30pm-Zumba 6:30pm - All Levels Yoga	10 12:00 - Yoga 6:30pm - Power Yoga	11	12 10:30am - All-Levels Yoga
13	14 6:15pm - Zumba	15 6pm - Spin	16 9am - Zumba STRONG 10am - Mixxed Fit 5:30pm-Zumba 6:30pm - All Levels Yoga	17 12:00 - Yoga 6:30pm - Power Yoga	18	19 9:00am Free Halloween Zumba 10:30 - All Levels Yoga 11:30am - Mat Pilates
20	21 9am - Zumba 5pm - All-Levels Yoga 6:15pm - Zumba	22 6pm - Spin	23 9am - Zumba STRONG 10am - Mixxed Fit 5:30pm-Zumba 6:30pm - All Levels Yoga	24 12:00 - Yoga 6:30pm- Power Yoga	25	26
27	28 9am - Zumba 5pm - All-Levels Yoga 6:15pm - Zumba	29 6pm - Spin	30 9am - Zumba Strong 10am - Mixxed Fit 5:30pm - Zumba 6:30pm - All-Levels Yoga	31 12:00 - Yoga 6:30pm - Power Yoga		

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