

XF Aerobics OCTOBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
1	2 9:00 AM BodyBuilder 10:10 AM Ab Class 10:40 AM Yoga 5:00 PM Yoga 5:45 PM Spin PL 6:30 PM Ab Class 7:00 PM Zumba V	3 9:00 AM Zumba I 5:30 PM Leg Blaster 7:00 PM HOT! Yoga	4 9:00 Ab Lab 10:10 AM Yoga@theBarre 5:00 PM Yoga 6:00 PM Beginner Spin J 7:00 PM Zumba I	5 9:30 AM Yoga Core 10:30 AM Bodybuilder 4:30 Yoga@theBarre 5:00 PM Yoga 6:00 PM Buns and Guns 7:00 PM Pound	6 9:00 AM Zumba E 10:00 AM Pound	7 9:00 AM Ab Class 9:30 AM Zumba Tone I 9:30 AM Beginner Spin J 10:30 AM Yoga																																																																																				
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		September 2017 <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>Sa</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> </tr> <tr> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> </tr> <tr> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> </tr> </tbody> </table>		S	M	T	W	Th	F	Sa						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	November 2017 <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>Sa</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> </tr> </tbody> </table>		S	M	T	W	Th	F	Sa				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			Notes: I - Izzy E - Erin V - Vanessa PL - PL J - Jennifer
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