

FALL BACK INTO
FITNESS
 CHALLENGE
OCTOBER 18-31

Schedule

Sunday 10/18	BODYFLOW	4 points	MP 2	3-3:45pm
Monday 10/19	GRIT	3 points	MP 2	7:30-8:30am
	BODYPUMP	3 points	MP 2	Noon-1pm
	BODYFLOW	2 points	MP 2	5:30-6:15pm
Tuesday 10/20	RPM	3 points	Cycle Studio	7:45-8:30am
	BODYPUMP	3 points	MP 2	12:45-1:45pm
	RPM	2 points	Cycle Studio	5:30-6:15pm
Wednesday 10/21	BODYATTACK	3 points	MP 2	7:45-8:45am
	GRIT	3 points	MP 2	Noon-1pm
	BODYFLOW	2 points	MP 2	6-6:45pm
Thursday 10/22	RPM	3 points	Cycle Studio	7:30-8:15am
	RPM	3 points	Cycle Studio	Noon-12:30pm
	GRIT	2 points	MP 2	5:30-6:15pm
Friday 10/23	BODYATTACK	3 points	MP 2	7:30-8:30am
	RPM	3 points	Cycle Studio	11-11:30am
	BODYCOMBAT	2 points	MP 2	5-5:45pm
Saturday 10/24	BODYPUMP	4 points	MP 2	12:15-1:15pm
Sunday 10/25	BODYFLOW	4 points	MP 2	3-3:45pm
Monday 10/26	GRIT	3 points	MP 2	7:30-8:30am
	BODYPUMP	3 points	MP 2	Noon-1pm
	BODYFLOW	2 points	MP 2	5:30-6:15pm
Tuesday 10/27	RPM	3 points	Cycle Studio	7:45-8:30am
	BODYPUMP	3 points	MP 2	12:45-1:45pm
	RPM	2 points	Cycle Studio	5:30-6:15pm
Wednesday 10/28	BODYATTACK	3 points	MP 2	7:45-8:45am
	GRIT	3 points	MP 2	Noon-1pm
	BODYFLOW	2 points	MP 2	6-6:45pm
Thursday 10/29	RPM	3 points	Cycle Studio	7:30-8:15am
	RPM	3 points	Cycle Studio	Noon-12:30pm
	GRIT	2 points	MP 2	5:30-6:15pm
Friday 10/30	BODYATTACK	3 points	MP 2	7:30-8:30am
	RPM	3 points	Cycle Studio	11-11:30am
	BODYCOMBAT	2 points	MP 2	5-5:45pm
Saturday 10/31	BODYPUMP	4 points	MP 2	12:15-1:15pm