

# DYNAMIC & YOGA FITNESS CENTER

## October 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	5:45 Cycling 8:30 Bootcamp 4:30 Boxing 5:30 Vinyasa Yoga 6:30 Yoga Level 1	5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba 6:30 Vinyasa Yoga 7:30 Relaxation Yoga	<b>5:45 NO CLASS</b> 8:30 Kick it Up <b>12:00 Slow Flow Yoga</b> 4:30 Cardio Circuit 5:30 Beginner Barre <b>6:30 Strength</b>	8:30 Zumba 9:30 Vinyasa Yoga <b>12:00 Strength</b> <b>4:30 Cycling</b> 5:30 Zumba	<b>5:45 PiYo</b> 8:30 Strength	8:00 Vinyasa Yoga 9:00 Zumba
8	9	10	11	12	13	14
	5:45 Cycling 8:30 Bootcamp 4:30 Boxing 5:30 Vinyasa Yoga 6:30 Yoga Level 1	5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba 6:30 Vinyasa Yoga 7:30 Relaxation Yoga	<b>5:45 NO CLASS</b> 8:30 Kick it Up <b>12:00 Slow Flow Yoga</b> 4:30 Cardio Circuit 5:30 Beginner Barre <b>6:30 Strength</b>	8:30 Zumba 9:30 Vinyasa Yoga <b>12:00 Strength</b> <b>4:30 Cycling</b> 5:30 Zumba	<b>5:45 PiYo</b> 8:30 Strength	8:00 Vinyasa Yoga 9:00 Zumba
15	16	17	18	19	20	21
	5:45 Cycling 8:30 Bootcamp 4:30 Boxing 5:30 Vinyasa Yoga 6:30 Yoga Level 1	5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba 6:30 Vinyasa Yoga 7:30 Relaxation Yoga	<b>5:45 NO CLASS</b> 8:30 Kick it Up <b>12:00 Slow Flow Yoga</b> 4:30 Cardio Circuit 5:30 Beginner Barre <b>6:30 Strength</b>	8:30 Zumba 9:30 Vinyasa Yoga <b>12:00 Strength</b> <b>4:30 Cycling</b> 5:30 Zumba	<b>5:45 NO CLASS</b> 8:30 Strength	8:00 Vinyasa Yoga 9:00 Zumba
22	23	24	25	26	27	28
	5:45 Cycling 8:30 Bootcamp 4:30 Boxing 5:30 Vinyasa Yoga 6:30 Yoga Level 1	5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba 6:30 Vinyasa Yoga 7:30 Relaxation Yoga	<b>5:45 NO CLASS</b> 8:30 Kick it Up <b>12:00 Slow Flow Yoga</b> 4:30 Cardio Circuit 5:30 Beginner Barre <b>6:30 Strength</b>	8:30 Zumba 9:30 Vinyasa Yoga <b>12:00 Strength</b> <b>4:30 Cycling</b> 5:30 Zumba	<b>5:45 PiYo</b> 8:30 Strength	8:00 Vinyasa Yoga 9:00 Zumba
29	30	31				
	5:45 Cycling 8:30 Bootcamp 4:30 Boxing 5:30 Vinyasa Yoga 6:30 Yoga Level 1	5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba 6:30 Vinyasa Yoga 7:30 Relaxation Yoga				<b>Schedule Change</b> <b>Cancelled Class</b> <b>30 Minute Class</b>