

K-Town Shakedown

Find Your Strong

October 2021

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
					1 8am-Spin 9am - Yoga	2 9am-POUND
3 4pm-TLS 5:30pm-Gentle Yoga	4 9am-TLS 6pm-HardCore 6:30pm-STEP 7:30pm-POUND	5 9am-Gentle Yoga 5:30pm-Walkfit 6:30pm-TLS 7:30pm-Cardio Groove	6 9am-TLS 5:30pm-Buti Yoga 6:30pm-HIIT 7:30pm-Zumba	7 9am-Cardio Groove 5:30pm-Walkfit 6:30pm-TLS 7:30pm-Spin	8 8am-Spin 9am-Yoga	9 9am-Cancelled
10 4pm-TLS 5:30pm-Gentle Yoga	11 9am-TLS 6pm-HardCore 6:30pm-STEP 7:30pm-POUND	12 9am-Gentle Yoga 5:30pm-Walkfit 6:30pm-TLS 7:30pm-Cardio Groove	13 9am-TLS 5:30pm-Buti Yoga 6:30pm-HIIT 7:30pm-Zumba	14 9am-Cardio Groove 5:30pm-Walkfit 6:30pm-TLS 7:30pm-Spin	15 8am-Spin 9am-Yoga	16 9am-POUND
17 4pm-TLS 5:30pm-Gentle Yoga	18 9am-TLS 6pm-HardCore 6:30pm-STEP 7:30pm-POUND	19 9am-Gentle Yoga 12pm-6pm BLOOD DRIVE 7:30pm-Cardio Groove	20 9am-TLS 5:30pm-Buti Yoga 6:30pm-HIIT 7:30pm-Zumba	21 9am-Cardio Groove 5:30pm-Walkfit 6:30pm-TLS 7:30pm-Spin	22 8am-Spin 9am-Yoga	23 9am-POUND
24 4pm-TLS 5:30pm-Gentle Yoga	25 9am-TLS 6pm-HardCore 6:30pm-STEP 7:30pm-POUND	26 9am-Gentle Yoga 5:30pm-Walkfit 6:30pm-TLS 7:30pm-Cardio Groove	27 9am-TLS 5:30pm-Buti Yoga 6:30pm-HIIT 7:30pm-Zumba	28 9am-Cardio Groove 4-6pm Trick or Treat on the Bricks 7pm-Glow Groove Nikki's Birthday!	29 8am-Spin 9am-Yoga	30 9am-POUND
31  Studio Closed						

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