

October 2022

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

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2	3 8AM YOGA 9AM LINE DANCE 5PM SPIN	4 9AM CHAIR YOGA 10AM CARDIO CHAIR 5PM SPIN	5 8AM YOGA 5PM SPIN	6 8AM BBB 9AM CHAIR YOGA 530PM ZUMBA	7 8AM BEANBAG BASEBALL	8 9AM-1PM BREAST CANCER AWARENESS WALK @ MLK
9	10 8AM YOGA 9AM LINE DANCE 5PM SPIN	11 9AM CHAIR YOGA 10AM CARDIO CHAIR 5PM SPIN	12 8AM YOGA 5PM SPIN	13 8AM BBB 9AM CHAIR YOGA 530PM ZUMBA	14 8AM BEANBAG BASEBALL	15
16	17 8AM YOGA 9AM LINE DANCE 5PM SPIN	18 9AM CHAIR YOGA 10AM CARDIO CHAIR 5PM SPIN	19 8AM YOGA 5PM SPIN	20 8AM BBB 9AM CHAIR YOGA 530PM ZUMBA	21 8AM BEANBAG BASEBALL	22
23	24 8AM YOGA 9AM LINE DANCE 5PM SPIN 	25 9AM CHAIR YOGA 10AM CARDIO CHAIR 5PM SPIN	26 8AM YOGA 5PM SPIN	27 8AM BBB 9AM CHAIR YOGA 530PM ZUMBA	28 8AM BEANBAG BASEBALL	29
30	31					