




OCTOBER AEROBIC SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5000 ROIT-Zelva (Gun) 6000 Strength-Shelby (Max) 1100 Cardio-Shelby (Gun) 1100 Spin-Megan (Max) 1630 Turbokick-Zelva (Gun)	2 1100 Tabata-Rebecca (Max) 1130 Cardio-Kashina (Gun) 1700 Turbokick-Zelva (Max) 1800 Zumba-Michelle (Gun)	3 0500 RIOT-Zelva (Gun) 0600 Strength-Shelby (Max) 1100 Spin/Strength-Megan (Max) 1130 HIIT/Strength-Kashina (Gun)	4 1130 Line Dancing-Kashina (Max)	5
6 1400 Line Dancing-Michelle (Max)	7 1100 Strength-Shelby (Max) 1730 Circuits-Zelva(Gun)	8 5000 ROIT-Zelva (Gun) 6000 Strength-Shelby (Max) 1100 Cardio-Shelby (Gun) 1100 Spin-Megan (Max) 1630 Turbokick-Zelva (Gun)	9 1100 Tabata-Rebecca (Max) 1130 Cardio-Kashina (Gun) 1700 Turbokick-Zelva (Max) 1800 Zumba-Michelle (Gun)	10 0500 RIOT-Zelva (Gun) 0600 Strength-Shelby (Max) 1100 Spin/Strength-Megan (Max) 1130 HIIT/Strength-Kashina (Gun)	11 1130 Line Dancing-Kashina (Max)	12
13 	14 	15 5000 ROIT-Zelva (Gun) 6000 Strength-Shelby (Max) 1100 Cardio-Shelby (Gun) 1100 Spin-Megan (Max) 1630 Turbokick-Zelva (Gun)	16 1100 Tabata-Rebecca (Max) 1130 Cardio-Kashina (Gun) 1700 Turbokick-Zelva (Max) 1800 Zumba-Michelle (Gun)	17 0500 RIOT-Zelva (Gun) 0600 Strength-Shelby (Max) 1100 Spin/Strength-Megan (Max) 1130 HIIT/Strength-Kashina (Gun)	18 1130 Line Dancing-Kashina (Max)	19
20 1400 Line Dancing-Michelle (Max)	21 1100 Strength-Shelby (Max) 1730 Circuits-Zelva (Gun)	22 5000 ROIT-Zelva (Gun) 6000 Strength-Shelby (Max) 1100 Cardio-Shelby (Gun) 1100 Spin-Megan (Max) 1630 Turbokick-Zelva (Gun)	23 1100 Tabata-Rebecca (Max) 1130 Cardio-Kashina (Gun) 1700 Turbokick-Zelva (Max) 1800 Zumba-Michelle (Gun)	24 0500 RIOT-Zelva (Gun) 0600 Strength-Shelby (Max) 1100 Spin/Strength-Megan (Max) 1130 HIIT/Strength-Kashina (Gun)	25 1130 Line Dancing-Kashina (Max)	26
27	28 1100 Strength-Shelby (Max) 1730 Circuits-Zelva (Gun)	29 5000 ROIT-Zelva (Gun) 6000 Strength-Shelby (Max) 1100 Cardio-Shelby (Gun) 1100 Spin-Megan (Max) 1630 Turbokick-Zelva (Gun)	30 1100 Tabata-Rebecca (Max) 1130 Cardio-Kashina (Gun) 1700 Turbokick-Zelva (Max) 1800 Zumba-Michelle (Gun)	31 0500 RIOT-Zelva (Gun) 0600 Strength-Shelby (Max) 1100 Spin/Strength-Megan (Max) 1130 HIIT/Strength-Kashina (Gun)		

Maxwell/Gunter Fitness Center (334)953-5953