

Carmel Fitness Class Calendar – October 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:15 Pilates-Eva 9:15 Cardio Strength Interval-Tracie 10:15 Total Strength- Maria 11:15 Beg/intermediate Cardio Sculpt-Maria	2	3 8:15 Yoga-Tracie 9:15 Circuit Training- Tracie 10:15 Total Strength- Maria 11:15 Beg/Intermediate Cardio/Sculpt-Maria	4
5 Join us in Worship 8:00, 9:30 or 11:00	6 8:15 Pilates-Tracie 9:15 Zumba-Maria 10:15 Tabata- Andrea 11:15 Beg/Intermediate Cardio Interval-Andrea	7	8 8:15 Pilates-Eva 9:15 Step/Sculpt- Jenny 10:15 Total Strength- Tracie 11:15 Beg/Intermediate Cardio Sculpt-Maria	9	10 8:15 Yoga-Eva 9:15 Circuit Training- Tracie 10:15 Total Strength- Maria 11:15 Beg/Intermediate Cardio Interval-Jenny	11
12 Join us in Worship 8:00, 9:30 or 11:00	13 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Tabata- Andrea 11:15 Beg/Intermediate Cardio Interval-Andrea	14	15 8:15 Pilates-Eva 9:15 Cardio Dance/Sculpt-Jenny 10:15 Total Strength- Tracie 11:15 Beg/Intermediate Cardio Sculpt-Maria	16	17 8:15 Yoga-Eva 9:15 Circuit Training- Tracie 10:15 Total strength- Maria 11:15 Beg/Intermediate Cardio Interval-Jenny	18
19 Join us in Worship 8:00, 9:30 or 11:00	20 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Tabata- Andrea 11:15 Beg/Intermediate Cardio Interval-Andrea	21	22 8:15 Pilates-Eva 9:15 Step/Sculpt- Jenny 10:15 Total Strength- Tracie 11:15 Beg/Intermediate Cardio Sculpt-Maria	23	24 8:15 Yoga-Eva 9:15 Circuit Training- Tracie 10:15 Total Strength- Maria 11:15 Beg/Intermediate Cardio Interval-Jenny	25
26 Join us in Worship 8:00, 9:30 or 11:00	27 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Tabata- Andrea 11:15 Beg/Intermediate Cardio Interval-Andrea	28	29 8:15 Pilates-Eva 9:15 Cardio Dance/Sculpt- Jenny 10:15 Total Strength- Tracie 11:15 Beg/Intermediate Cardio Sculpt-Maria	30	31 8:15 Yoga-Eva 9:15 Circuit Training- Tracie 10:15 Total Strength- Maria 11:15 Beg/Intermediate Cardio Interval-Jenny	