

naturespa

October Fitness

monday	tuesday	wednesday	thursday	friday	saturday	sunday
1 530 gym class	2 1030 aquafit	3	4 1030a aquafit	5 430 yoga	6 8am gym class 9a yoga 11a aquafit 11a woodland hike 4p yoga	7 TriathaFUN 9a yoga 10hike 11aquafit 11a woodland hike 4pm yoga
8 10a yoga 11a woodland hike 530 gym class	9 1030 aquafit 6p yoga	10 9a gentle yoga 530 yoga	11 1030a aquafit 530 grateful yoga	12 430 yoga	13 8am gym class 9a yoga 11a aquafit 11a woodland hike 4p yoga	14 9a yoga 11a woodland hike
15 10a yoga 530 gym class	16 1030 aquafit 6p yoga	17 9a gentle yoga 530 yoga	18 1030a aquafit 530 grateful yoga	19 430 yoga	20 8am gym class 9a yoga 11a aquafit 11a woodland hike 4p yoga	21 9a yoga 11a woodland hike
22 10a yoga 530 gym class	23 1030 aquafit 6p yoga	24 9a gentle yoga 530 yoga	25 1030a aquafit 530 grateful yoga	26 430 yoga	27 8am gym class 9a yoga 11a aquafit 11a woodland hike 4p yoga	28 9a yoga 11a woodland hike 11a woodland hike
29 10a yoga 530 gym class	30 1030 aquafit 6p yoga					Class \$12 Class 10/\$80 Monthly Unlimited \$100