

October

2021

LIVE CLASS SCHEDULE

Classes start at 10:00 a.m. Eastern



REACHABLE

GENTLE FITNESS

BY MICHELLE ROGERS CPT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					FULL BODY STRETCH	
3	4	5	6	7	8	9
	CARDIO DANCE		CARDIO STRONG		GENTLE PILATES	
10	11	12	13	14	15	16
	POM POM CARDIO		CARDIO STRONG		NO CLASS	
17	18	19	20	21	22	23
	CARDIO DANCE		CARDIO STRONG		GENTLE YOGA	
24	25	26	27	28	29	30
	POM POM CARDIO		CARDIO STRONG		HALLOWEEN SPECIAL CLASS	