OCTOBER

THREE SPRINGS ROAD

2024

TOTAL FITNESS CONNECTION
Physical Therapy & Fitness

	MON	TUE	WED	THU	FRI	SAT
5:15-6:15 AM	**Tabata** **- Regina**	**Power Up+Kickboxing** -Allison	**F.I.T.** **-Carrie (10/2,10/16,10/30)** **-Susie (10/9,10/23)** **Spin** **-Beth**		**Spin + Bootcamp** **-Susie** **Regina (10/25)**	
8:30-9:30 AM	Power Up -Tina	Spin -Chandler	Bootcamp -Tina	Spin -Chandler	Spin -Beth	
9:30-10:30 AM	Spin -Tina	Tabata + -Chandler	Spin -Tina	Pump It Up -Chandler		
5:30-6:30 PM	Zumba -Ana	Explosive Fitness -Danny	Power Up +Tabata -Regina			