

OCT 2016

Absolute Fitness

Class Calendar

<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
3 5:30 am Body Sculpting/Spin Trisha	4 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	5 5:30 am Body Sculpting/Spin Trisha	6 5:30 am Body Sculpting/Spin Trisha	7
10 5:30 am Body Sculpting/Spin Trisha	11 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	12 5:30 am Body Sculpting/Spin Trisha	13 5:30 am Body Sculpting/Spin Trisha	14
17 5:30 am Body Sculpting/Spin Trisha	18 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	19 5:30 am Body Sculpting/Spin Trisha	20 5:30 am Body Sculpting/Spin Trisha	21
24 5:30 am Body Sculpting/Spin Trisha	25 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	26 5:30 am Body Sculpting/Spin Trisha	27 5:30 am Body Sculpting/Spin Trisha	28
31 5:30 am Body Sculpting/Spin Trisha	Nov1 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	2	3	4

Spin with Marty, Brenda and Trisha. You decide how hard you want to work! You have the potential to burn up to 750 calories in one 45minute class. No experience necessary