

October Land Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:30 am Zone Cycle: Rachel Royer - Studio 2		5:15 am Express Cycle: Rachel Royer - Studio 2		5:30 am Zone Cycle: Rachel Royer - Studio 2		
	6:00 am Tabata: Rachel Royer - Studio 1	6:00 am M.E.L.T: Rachel Royer - Studio 1	6:00 am Strong by Zumba: - Studio 1	6:30 am Ab Attack: Rachel Royer - Studio 2		
8:30 am Cycle/Step: Jordan Dyer - Studio 2	8:30 am Tai Chi: Sheila Butler - Studio 1 8:30 am Power Hour: Jordan Dyer - Gymnasium	8:30 am Ride and Run: Jordan Dyer - Studio 2	8:30 am Butts & Guts: Sue Hanson - Studio 2 8:30 am Tai Chi: Sheila Butler - Studio 1	8:30 am Step: Jordan Dyer - Studio 1	8:30 am Zone Cycle: Tosha Cyr - Studio 2	
	9:30 am Beginner Step: Judy Herron - Studio 2	9:15 am Body Sculpt: Jordan Dyer - Studio 2	9:30 am Beginner Step: Judy Herron - Studio 2	9:30 am Lift Barre: Kristin Bodiford - Studio 1	9:30 am M.E.L.T: Lauren Phillips - Studio 1	
10:45 am Zumba: Shon McCormick - Studio 1		10:45 am Low Impact Aerobics: Margie Karls - Studio 1		10:45 am Low Impact Aerobics: Judy Herron - Studio 1	10:30 am Zumba: Toni Cathey - Studio 1	
			11:15 am Express Cycle: Meg Hargett - Studio 2			
12:15 pm Body Sculpt: Tosha Cyr - Studio 1	12:15 pm Lift Barre: Courtney Burton - Studio 1	12:15 pm Butts & Guts: Jordan Dyer - Studio 1	12:15 pm Body Bar Boxing: Jordan Dyer - Studio 1	12:15 pm Tabata: Margie Karls - Gymnasium		
						2:00 pm Strong by Zumba: Shon McCormick - Studio 1
4:00 pm Ab Attack: Jordan Dyer - Studio 1 4:30 pm Kickboxing: Jordan Dyer - Studio 1	4:00 pm Ab Attack: Jordan Dyer - Studio 1 4:30 pm M.E.L.T: Jordan Dyer - Studio 1	4:15 pm Cardio Burn: Rachel Royer - Studio 1	4:00 pm Ab Attack: Tosha Cyr - Studio 1 4:30 pm Body Sculpt: Tosha Cyr - Studio 1	4:30 pm Kickboxing: Courtney Burton - Studio 1		
5:00 pm Cardio Burn: Lauren Phillips - Gymnasium 5:30 pm Lift Barre: Rachel Royer - Studio 1	5:00 pm Power Hour: Rachel Royer - Gymnasium 5:30 pm Ride and Run: Meg Hargett - Studio 2 5:30 pm Zumba Step: Shon McCormick - Studio 1	5:30 pm Step: Courtney Burton - Studio 1 5:30 pm Express Cycle: Rachel Royer - Studio 2	5:30 pm Cycle and Sculpt: Meg Hargett - Studio 2 5:30 pm Body Bar Boxing: Lauren Phillips - Studio 1	5:30 pm Ballroom Dancing: Jim Wiseman - Studio 1		
6:30 pm Zumba: Toni Cathey - Studio 1 6:30 pm Express Cycle: Rachel Royer - Studio 2		6:00 pm Warrior Sculpt: Lynsey Kennon - Mind Body Studio 6:00 pm Ab Attack: Rachel Royer - Studio 2 6:30 pm Zumba: Toni Cathey - Studio 1	6:30 pm Zumba Step: Toni Cathey - Studio 1	6:30 pm Ballroom Dancing: Jim Wiseman - Studio 1		
7:30 pm Ballroom Dancing: Jim Wiseman - Studio 1						
8:30 pm Ballroom						

Dancing: Jim Wiseman -
Studio 1

