



# FRED SMITH COMPANY

SPORTS CLUB

# October Aerobics 2021

LionsGate Athletic Club

**Bolded Classes indicate a new class, new class time or new instructor!!!**

| Mon                                                                 | Tue                          | Wed                                                | Thu                    | Fri                      | Sat                      |
|---------------------------------------------------------------------|------------------------------|----------------------------------------------------|------------------------|--------------------------|--------------------------|
|                                                                     |                              |                                                    |                        | 1                        | 2                        |
| 4<br>5:15 Bootcamp-Dori<br><br>6:15 Bootcamp-Dawn                   | 5<br>5:15 Butts & Guts-Dori  | 6<br>5:15 Bootcamp-Dori<br><br>6:15 Bootcamp-Dawn  | 7<br>5:15 TABATA-Dori  | 8<br>5:15 Bootcamp-Dori  | 9<br>8:30 Bootcamp-Dawn  |
| 11<br>5:15 Bootcamp-Dori<br><br>6:15 Bootcamp-Dawn                  | 12<br>5:15 Butts & Guts-Dori | 13<br>5:15 Bootcamp-Dori<br><br>6:15 Bootcamp-Dawn | 14<br>5:15 TABATA-Dori | 15<br>5:15 Bootcamp-Dori | 16<br>8:30 Bootcamp-Dawn |
| 18<br>5:15 Bootcamp-Dori<br><br>6:15 Bootcamp-Dawn                  | 19<br>5:15 Butts & Guts-Dori | 20<br>5:15 Bootcamp-Dori<br><br>6:15 Bootcamp-Dawn | 21<br>5:15 TABATA-Dori | 22<br>5:15 Bootcamp-Dori | 23<br>8:30 Bootcamp-Dawn |
| 25<br>5:15 Bootcamp-Dori<br><br>6:15 Bootcamp-Dawn                  | 26<br>5:15 Butts & Guts-Dori | 27<br>5:15 Bootcamp-Dori<br><br>6:15 Bootcamp-Dawn | 28<br>5:15 TABATA-Dori | 29<br>5:15 Bootcamp-Dori | 30<br>8:30 Bootcamp-Dawn |
| <p><b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b></p> |                              |                                                    |                        |                          |                          |