

TRAINING CALENDAR

4th QUARTER

OCTOBER 2020

1	T	Pilates
2	F	Cardio
3	S	Zumba
4	S	Karate
5	M	Yoga
6	T	Power Yoga
7	W	Pilates
8	T	Kettlebell
9	F	
10	S	
11	S	
12	M	
13	T	
14	W	
15	T	
16	F	
17	S	
18	S	
19	M	
20	T	
21	W	
22	T	
23	F	
24	S	
25	S	
26	M	
27	T	
28	W	
29	T	
30	F	
31	S	

NOVEMBER 2020

1	S	Aerobics
2	S	Cardio
3	M	Kettlebell
4	T	Karate
5	W	Yoga
6	T	Power Yoga
7	F	Pilates
8	S	Zumba
9	S	
10	M	
11	T	
12	W	
13	T	
14	F	
15	S	
16	S	
17	M	
18	T	
19	W	
20	T	
21	F	
22	S	
23	S	
24	M	
25	T	
26	W	
27	T	
28	F	
29	S	
30	M	

DECEMBER 2020

1	T	Aerobics
2	W	Cardio
3	T	Zumba
4	F	Karate
5	S	Yoga
6	S	Power Yoga
7	M	Pilates
8	T	Kettlebell
9	W	
10	T	
11	F	
12	S	
13	S	
14	M	
15	T	
16	W	
17	T	
18	F	
19	S	
20	S	
21	M	
22	T	
23	W	
24	T	
25	F	
26	S	
27	S	
28	M	
29	T	
30	W	
31	T	