

GYM SCHEDULE – October 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
12 pm					
12:30 pm	<div style="background-color: #FFB6C1; border: 1px solid black; border-radius: 10px; padding: 5px; text-align: center;"> Total Body 12:30 pm – 1:15 pm </div>			<div style="background-color: #FFB6C1; border: 1px solid black; border-radius: 10px; padding: 5px; text-align: center;"> Total Body 12:30 pm – 1:15 pm </div>	
1 pm					
1:30 pm	<div style="background-color: #90EE90; border: 1px solid black; border-radius: 10px; padding: 5px; text-align: center;"> Pilates 1:15 pm – 2 pm </div>			<div style="background-color: #90EE90; border: 1px solid black; border-radius: 10px; padding: 5px; text-align: center;"> Pilates 1:15 pm – 2 pm </div>	
2 pm					
2:30 pm					
3 pm					
3:30 pm					
4 pm					
4:30 pm					
5 pm					
5:30 pm					
6 pm	<div style="background-color: #9370DB; border: 1px solid black; border-radius: 10px; padding: 5px; text-align: center;"> Kung Fu 6 pm – 7:30 pm </div>			<div style="background-color: #FFFFE0; border: 1px solid black; border-radius: 10px; padding: 5px; text-align: center;"> Yoga 6:30 pm – 7:30 pm </div>	
6:30 pm					
7 pm			<div style="background-color: #9370DB; border: 1px solid black; border-radius: 10px; padding: 5px; text-align: center;"> Kung Fu 7:00 pm – 8:30 pm </div>		
7:30 pm					
8 pm	<div style="background-color: #FFDAB9; border: 1px solid black; border-radius: 10px; padding: 5px; text-align: center;"> Functional Training 7:30 pm – 8:30 pm </div>			<div style="background-color: #FFDAB9; border: 1px solid black; border-radius: 10px; padding: 5px; text-align: center;"> Functional Training 7:45 pm – 8:45 pm </div>	
8:30 pm					
9 pm					
9:30 pm					