



October 2018

Fitness Studio Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6:30pm - 7:30pm Zumba	2 9:00am - 9:45am Yoga 10am - 11am Tai Chi - Laughter Yoga	3 6:30pm - 7:30pm Zumba	4 10am - 11am Tai Chi - Laughter Yoga	5 Open	6 7am - 8:10am Core & Stretch
7 Open	8 6:30pm - 7:30pm Zumba	9 9:00am - 9:45am Yoga 10am - 11am Tai Chi - Laughter Yoga	10 6:30pm - 7:30pm Zumba	11 10am - 11am Tai Chi - Laughter Yoga	12 Open	13 7am - 8:10am Core & Stretch
14 Open	15 6:30pm - 7:30pm Zumba	16 9:00am - 9:45am Yoga 10am - 11am Tai Chi - Laughter Yoga	17 6:30pm - 7:30pm Zumba	18 10am - 11am Tai Chi - Laughter Yoga	19 Open	20 7am - 8:10am Core & Stretch
21 Open	22 6:30pm - 7:30pm Zumba	23 9:00am - 9:45am Yoga 10am - 11am Tai Chi - Laughter Yoga	24 6:30pm - 7:30pm Zumba	25 10am - 11am Tai Chi - Laughter Yoga	26 Open	27 7am - 8:10am Core & Stretch
28 Open	29 6:30pm - 7:30pm Zumba	30 9:00am - 9:45am Yoga 10am - 11am Tai Chi - Laughter Yoga	31 6:30pm - 7:30pm Zumba  <i>happy Halloween</i>	<p>Times not designated are for "Open Use." However, the schedule could change without prior notice.</p>		

HARRISONVILLE COMMUNITY CENTER

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