

# OCTOBER

2020

Reservations are required. Limited to 6 people/class. Please contact the Wyndhurst Club Desk for more information on how to reserve.

All fitness classes are held in the Fitness Studio of the Wyndhurst Club building.

| SUNDAY  | MONDAY           | TUESDAY                                       | WEDNESDAY        | THURSDAY                                      | FRIDAY  | SATURDAY                                      |
|---|------------------|---|------------------|---|---|---|
|   |                  |   |                  | 1   | 2   | 3   |
|   |                  |   |                  | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow |
| 4   | 5                | 6   | 7                | 8   | 9   | 10  |
| 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | NO CLASSES TODAY | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | NO CLASSES TODAY | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow |
| 11  | 12               | 13  | 14               | 15  | 16  | 17  |
| 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | NO CLASSES TODAY | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | NO CLASSES TODAY | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow |
| 18  | 19               | 20  | 21               | 22  | 23  | 24  |
| 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | NO CLASSES TODAY | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | NO CLASSES TODAY | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow |
| 25  | 26               | 27  | 28               | 29  | 30  | 31  |
| 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | NO CLASSES TODAY | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | NO CLASSES TODAY | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow | 8:00 AM: Pilates Fusion<br>5:00 PM: Yoga Flow |