



OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:15 – Sit Down and Tone Up	2 1:30 – Dance	3 9:15 - Posture	4 9:15 - Sit Down Tone Up	5
6	7 9:15 – Ball Exercise	8 9:15 – Sit Down and Tone Up	9 1:30 – Dance	10 9:15 - Posture	11 9:15 - Sit Down Tone Up	12
13	14 	15 9:15 – Sit Down and Tone Up	16 1:30 – Dance	17 9:15 - Posture	18 9:15 - Sit Down Tone Up	19
20 9:15 – Ball Exercise	21	22 9:15 - Sit Down and Tone Up	23 1:30 – Dance	24 9:15 - Posture	25 9:15 - Sit Down Tone Up	26
27	28 9:15 – Ball Exercise	29 9:15 – Sit Down and Tone Up	30 1:30 – Dance	31 9:15 - Posture		