DAHL FITNESS CENTER

OCTOBER 2017

Volunteer Led Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
02	**03**	04	05	06 TRAINING HOLIDAY	07
09 HOLIDAY	10	11	12	13	14 0800-0900 Ultimate Workout **Ruby Murray**
16	17 1715-1815 Ultimate Workout **Ruby Murray**	18	19 1715-1815 Ultimate Workout **Ruby Murray**	20	21 0800-0900 Ultimate Workout **Ruby Murray**
23	24 1715-1815 Ultimate Workout **Ruby Murray**	25	26 1715-1815 Ultimate Workout Class moved to Pope Community Center: Cancer Awareness Workout **Ruby Murray**	27	28 0800-0900 Ultimate Workout **Ruby Murray**
30	31 1715-1815 Ultimate Workout **Ruby Murray**				