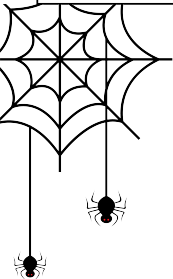




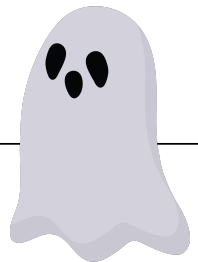
CLASS SCHEDULE OCTOBER 26



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 5:30-6:30pm: Mobility & Flexibility 6:30-8pm: Flags 8-9PM - TEAM ENDURANCE	2 X NO CLASS X	3 9-10:30am: L-sits & Core 10:30am-12pm: Muscle-Ups 10:30-11:30AM - TEAM ENDURANCE	4 10-11am: Yoga For Cali 11am-1PM: RUAT
5 6-7PM - TEAM ENDURANCE 7-8:30pm: FIRST PULL-UP Class	6 6:30-8pm: Street Lifting	7 6:30-8pm: Beginner Push & Pull	8 5:30-6:30pm: Mobility & Flexibility 6:30-8pm: Handstands 8-9PM - TEAM ENDURANCE	9 X NO CLASS X	10 9-10:30am: Flags 10:30am-12pm: Mixed Calisthenics 12-1PM - TEAM ENDURANCE	11 10-11am: Yoga For Cali 11am-1PM: RUAT
12 6-7PM - TEAM ENDURANCE 7-8:30pm: CORE and Skill foundations	13 6:30-8pm: Handstands	14 6:30-8pm: Mixed Calisthenics	15 5:30-6:30pm: Mobility & Flexibility 6:30-8pm: Rings 8-9PM - TEAM ENDURANCE	16 X NO CLASS X	17 9-10:30am: Mixed Calisthenics 10:30am-12pm: Street Lifting 10:30-11:30AM - TEAM ENDURANCE	18 10-11am: Yoga For Cali 11am-1PM: RUAT
19 12-1:30pm: Handstands 6-7PM - TEAM ENDURANCE 7-8:30pm: FIRST DIP Class	20 6:30-8pm: Mixed Calisthenics	21 6:30-8pm: Handstands	22 5:30-6:30pm: Mobility & Flexibility 6:30-8pm: Flags/ Pistol Squats 8-9PM - TEAM ENDURANCE	23 X NO CLASS X	24 9-10:30am: Rings/ Handstands 10:30am-12pm: Endurance Cali 12-1PM - TEAM ENDURANCE	25 10-11am: Yoga For Cali 11am-1PM: RUAT
26 6-7PM - TEAM ENDURANCE 7-8:30pm: Beginner Cali Workout	27 6:30-8pm: Muscle-Ups	28 6:30-8pm: L-Sits & Core	29 5:30-6:30pm: Mobility & Flexibility 6:30-8pm: Street Lifting 8-9PM - TEAM ENDURANCE	30 X NO CLASS X	31 9-10:30am: Headstands/ Handstands 10:30am-12pm: Flags 12-1PM - TEAM ENDURANCE	



HAPPY HALLOWEEN



■ = Main Classes

■ = Beginner Classes

■ = TEAM ENDURANCE

■ = Mobility/ Yoga Classes

■ = Rock Up and Train (RUAT)

