

# Friday Free For ALL

Fridays, 5:30 pm

<b>Date</b>	<b>Session Name</b>	<b>Instructor</b>
<b>9/5</b>	Zumba	Victoria
<b>9/12</b>	Yoga	Ana
<b>9/19</b>	20/20/20	Ann
<b>9/26</b>	Just Lift	Jennifer
<b>10/3</b>	Cardio X-train	Landra
<b>10/10</b>	Turbo Kick	Maggie
<b>10/17</b>	<b>FALL BREAK</b>	<b>NO CLASS</b>
<b>10/24</b>	Yoga Dance	Cassi
<b>10/31</b>	Just Lift	Maggie
<b>11/7</b>	Zumba	Laetitia
<b>11/14</b>	Pilates	Dhyana
<b>11/21</b>	Target Practice	Laura
<b>11/28</b>	<b>THANKSGIVING</b>	<b>NO CLASS</b>
<b>12/5</b>	Zumba	Vina