

# OCT 2024



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
		8:00 am (30m) <b>STRONGER</b> 8:35 am (25m) <b>HOME STRETCH</b>	9:00 am (30m) <b>CORE 'n THIGHS</b>	8:30 am (40m) <b>SOLID</b>		9:00 am (40m) <b>STRONGER</b> 9:45 am (30m) <b>HOME STRETCH</b>
6	7		8	9	10	11
			9:00 am (30m) <b>CORE 'n TOTAL BACK</b>	8:30 am (40m) <b>SOLID</b>		
13	14	15	16	17	18	19
<b>VIDEO LIBRARY OPEN 2 WEEKS</b>						
20	21	22	23	24	25	26
<b>FREE FOR ALL!</b>						
27	28	29	30	31	<p style="text-align: center;"><b>Donations</b> Sep Oct Nov Dec 2024</p>  <p>Food Banks Canada    Banques alimentaires Canada</p>	
	8:00 am (30m) <b>STRONGER</b> 8:35 am (25m) <b>HOME STRETCH</b>	9:00 am (30m) <b>CORE 'n DANCE CARDIO</b>	8:30 am (40m) <b>SOLID</b>			

\*\* All times are in Pacific Time (Canada, USA)

