



CLASS SCHEDULE

October 2015

1340 Montondon Ave (Lower Level - Studio B), Waunakee
 (Downstairs from Blowin' Smoke BBQ)

www.monroerealtraining.com/classes/ —>Single Classes, Packages, & RSVP Available Online

Phone: 608-235-8258

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	28 9:00-10:00 AM R.I.P.P.E.D. Denise	29 6:00-7:00 PM ZUMBA® Heidi	30 5:30-6:20 AM BUTTS & GUTS Connie 9:00-10:10 AM CARDIO ENDURANCE Denise	1 6:00-7:00 PM SUSPENSION TRAINING Kevin	2 9:00-10:00 AM SUSPENSION TRAINING Kevin	3 8:00-8:50 AM FF BOOT CAMP Connie
4	5 9:00-10:00 AM R.I.P.P.E.D. Denise	6 6:00-7:00 PM ZUMBA® Heidi	7 5:30-6:20 AM BUTTS & GUTS Connie 9:00-10:10 AM CARDIO ENDURANCE Denise	8 6:00-7:00 PM SUSPENSION TRAINING Kevin	9 9:00-10:00 AM SUSPENSION TRAINING Kevin	10 NO CLASSES
11	12 9:00-10:00 AM R.I.P.P.E.D. Denise	13 6:00-7:00 PM ZUMBA® Heidi	14 5:30-6:20 AM BUTTS & GUTS Connie 9:00-10:10 AM CARDIO ENDURANCE Denise	15 6:00-7:00 PM SUSPENSION TRAINING Kevin	16 9:00-10:00 AM SUSPENSION TRAINING Kevin	17 8:00-8:50 AM FF BOOT CAMP Connie 9:00-10:00 AM OPEN GYM
18	19 9:00-10:00 AM R.I.P.P.E.D. Denise	20 6:00-7:00 PM ZUMBA® Heidi	21 5:30-6:20 AM BUTTS & GUTS Connie 9:00-10:10 AM CARDIO ENDURANCE Denise	22 6:00-7:00 PM SUSPENSION TRAINING Kevin	23 9:00-10:00 AM SUSPENSION TRAINING Kevin	24 7:15-7:45 AM FREE INTRO TABATA™ Connie 8:00-8:50 AM FF BOOT CAMP Connie 9:00-10:00 AM OPEN GYM
25	26 9:00-10:00 AM R.I.P.P.E.D. Denise	27 6:00-7:00 PM ZUMBA®	28 5:30-6:20 AM BUTTS & GUTS Connie 9:00-10:10 AM CARDIO ENDURANCE Denise	29 6:00-7:00 PM SUSPENSION TRAINING	30 9:00-10:00 AM SUSPENSION TRAINING Kevin	31 7:15-7:45 AM TABATA™ Connie 8:00-8:50 AM FF BOOT CAMP Connie 9:00-10:00AM OPEN GYM