

October 2022



Let's Move. # Tukwila



GROUP FITNESS CLASSES



SUN	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		WE ♥ YOU!					1
2	I♥GP 12:00p 3 <small>I♥ Fitness</small> I♥GR 5:30p <small>I♥ Ride</small> I♥GC 6:30p <small>I♥ Centergy</small>	4	I♥GP 9:00a 5 <small>I♥ Fitness</small> I♥GR 5:30p <small>I♥ Ride</small> I♥GC 6:30p <small>I♥ Centergy</small>	6	I♥YOGA 12p I♥GP 5:30p <small>I♥ Fitness</small>	7	I♥GP 7:30a 8 <small>I♥ Fitness</small> I♥R30 8:40a <small>I♥ Ride</small> I♥GC 9:15a <small>I♥ Centergy</small>
9	I♥GP 12:00p 10 <small>I♥ Fitness</small> I♥GR 5:30p <small>I♥ Ride</small> I♥GC 6:30p <small>I♥ Centergy</small>	11	I♥GP 9:00a 12 <small>I♥ Fitness</small> I♥GR 5:30p <small>I♥ Ride</small> I♥GC 6:30p <small>I♥ Centergy</small>	13	I♥YOGA 12p I♥GP 5:30p <small>I♥ Fitness</small>	14	I♥GP 7:30a 15 <small>I♥ Fitness</small> I♥R30 8:40a <small>I♥ Ride</small> I♥GC 9:15a <small>I♥ Centergy</small>
16	I♥GP 12:00p 17 <small>I♥ Fitness</small> I♥GR 5:30p <small>I♥ Ride</small> I♥GC 6:30p <small>I♥ Centergy</small>	18	I♥GP 9:00a 19 <small>I♥ Fitness</small> I♥GR 5:30p <small>I♥ Ride</small> I♥GC 6:30p <small>I♥ Centergy</small>	20	I♥YOGA 12p I♥GP 5:30p <small>I♥ Fitness</small>	21	I♥GP 7:30a 22 <small>I♥ Fitness</small> I♥R30 8:40a <small>I♥ Ride</small> I♥GC 9:15a <small>I♥ Centergy</small>
23	I♥GP 12:00p 24 <small>I♥ Fitness</small> I♥GR 5:30p <small>I♥ Ride</small> I♥GC 6:30p <small>I♥ Centergy</small>	25	I♥GP 9:00a 26 <small>I♥ Fitness</small> I♥GR 5:30p <small>I♥ Ride</small> I♥GC 6:30p <small>I♥ Centergy</small>	27	I♥YOGA 12p I♥GP 5:30p <small>I♥ Fitness</small>	28	I♥GP 7:30a 29 <small>I♥ Fitness</small> I♥R30 8:40a <small>I♥ Ride</small> I♥GC 9:15a <small>I♥ Centergy</small>
30	I♥GP 12:00p 31 <small>I♥ Fitness</small> I♥GR 5:30p <small>I♥ Ride</small> I♥GC 6:30p <small>I♥ Centergy</small>	LET'S MOVE!					