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Pikesville, md 21209  
410-602-UFIT

## October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 6pm- Cardio Blast 7pm- Shred & Burn 8pm- DADS Yoga	<b>2</b> 6pm- Butts & Guts 7pm- Cardio Kickboxing 8pm- Cranked Up Cardio	<b>3</b> 6pm- Body Works Boot Camp 7pm—Mixedfit 8pm- DADS: Conditioning Boot Camp	<b>4</b> 7pm- Line Dancing	<b>5</b> 8:30am- Rise & Grind Boot Camp 9:30am- Zumba 10:30am- Cardio Abs
<b>6</b> 8:30am- ADA Step Out 5K	<b>7</b> 6pm- Kangoo Jump 7pm- Strong 8pm- Hip Hop Cardio Step	<b>8</b> 6pm- Cardio Blast 7pm- Shred & Burn 8pm- DADS Boot Camp	<b>9</b> 6pm- Butts & Guts 7pm- Cardio Kickboxing 8pm- Cranked Up Cardio	<b>10</b> 6pm- Body Works Boot Camp 7pm—Mixedfit 8pm- DADS: Weight Training Boot Camp	<b>11</b>  No classes	<b>12</b> 8:30am- Rise & Grind Boot Camp 9:30am- Zumba 10:30am- Cardio Abs
<b>13</b>	<b>14</b> 6pm- Kangoo Jump 7pm- Strong 8pm- Hip Hop Cardio Step	<b>15</b> 6pm- Cardio Blast 7pm- Shred & Burn 8pm- DADS Yoga	<b>16</b> 6pm- Butts & Guts 7pm- Cardio Kickboxing 8pm- Cranked Up Cardio <b>Sharon's Bday</b>	<b>17</b> 6pm- Body Works Boot Camp 7pm—Mixedfit 8pm- DADS: Conditioning Boot Camp	<b>18</b> 7pm- Line Dancing	<b>19</b> 8:30am- Rise & Grind Boot Camp 9:30am- Zumba 10:30am- Cardio Abs
<b>20</b>	<b>21</b> 6pm- Kangoo Jump 7pm- Strong 8pm- Hip Hop Cardio Step	<b>22</b> 6pm- Cardio Blast 7pm- Shred & Burn 6-8pm- DADS Final Weigh ins	<b>23</b> 6pm- Butts & Guts 7pm- Cardio Kickboxing 8pm- Cranked Up Cardio	<b>24</b> 6pm- Body Works Boot Camp 7pm—Mixedfit 6-8pm- DADS Final Weigh in	<b>25</b>  No Classes	<b>26</b> 8:30am- Rise & Grind Boot Camp 9:30am- Zumba 10:30am- Cardio Abs 3pm- Mindful Healing Waist Bead Workshop
<b>27</b>	<b>28</b> 6pm- Kangoo Jump 7pm- Strong 8pm- Hip Hop Cardio Step	<b>29</b> 6pm- Cardio Blast 7pm- Shred & Burn 8pm- Yoga	<b>30</b> 6pm- Butts & Guts 7pm- Cardio Kickboxing 8pm- Cranked Up Cardio	<b>31</b> 6pm- Body Works Boot Camp 7pm—Mixedfit 8pm-Conditioning Boot Camp	<b>November's Upcoming Events:</b> <b>1<sup>st</sup>- No Gainz Challenge</b> <b>17<sup>th</sup>- Frances 50<sup>th</sup> Fitness Jam</b> <b>30<sup>th</sup>- Turkey Burner</b>	