


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
<p>31</p> <p>NO TBW</p> <p>6:00PM Cycle Revolution: Brian Promo Code: CYCLEREVOLUTION</p> <p>Happy Halloween</p>	<p>1</p> <p>5:30PM Cycle Heat: Bri Promo Code: CYCLE</p> <p>6:00PM TurboKick: Brian Promo Code: TURBO</p>	<p>2</p> <p>6:00 PM Bootcamp: Bri Promo Code: BOOTCAMP</p>	<p>3</p> <p>6:00PM P90X: Brian Promo Code: P90X</p>	<p>4</p> <p>9:00AM Full Body Cycle: Brandi Promo Code: FULLBODY</p> <p>5:30PM Interval Step: Brian Promo Code: STEP</p>	<p>5</p> <p>No class</p> <p>Saturday classes will resume in December</p>
<p>7</p> <p>5:30PM TBW: Bi Promo Code: TBW</p> <p>6:00PM R1DE/M1ND: Brian Promo Code: COMBO</p>	<p>8</p> <p>5:30PM Cycle Heat: Bri Promo Code: CYCLE</p> <p>6:00PM MetKon Rx: Brian Promo Code: P90X</p>	<p>9</p> <p>6:00 PM Bootcamp: Bri Promo Code: BOOTCAMP</p>	<p>10</p> <p>6:00PM SH1FT/L1FT: Brian Promo Code: COMBO</p>	<p>11</p> <p>9:00AM Full Body Cycle: Brandi Promo Code: FULLBODY</p> <p>5:30PM SPIKED: Brian Promo Code: TURBO</p>	<p>12</p> <p>No class</p> <p>Saturday classes will resume in December</p>
<p>14</p> <p>5:30PM TBW: Bri Promo Code: TBW</p> <p>6:00PM Cycle Revolution: Brian Promo Code: CYCLEREVOLUTION</p>	<p>15</p> <p>5:30PM Cycle Heat: Bri Promo Code: CYCLE</p> <p>6:00PM SPIKED HIIT/P90X: Brian Promo Code: TURBO</p>	<p>16</p> <p>9:00 AM Tri-Survivor (1.5hr): Brandi Promo Code: COMBO</p> <p>6:00 PM Bootcamp: Bri Promo Code: BOOTCAMP</p>	<p>17</p> <p>6:00PM TurboKick: Brian Promo Code: TURBO</p>	<p>18</p> <p>9:00AM Full Body Cycle: Brandi Promo Code: FULLBODY</p> <p>5:30PM Hip Hop Hustle/CIZE: Brian Promo Code: COMBO</p>	<p>19</p> <p>No class</p> <p>Saturday classes will resume in December</p>
<p>21</p> <p>5:30PM TBW: Bri Promo Code: TBW</p> <p>6:00PM R1DE/M1ND: Brian Promo Code: COMBO</p>	<p>22</p> <p>5:30PM Cycle Heat: Bri Promo Code: CYCLE</p> <p>5:30PM Power Up (1.5hr): Brian Promo Code: COMBO</p>	<p>23</p> <p>6:00 PM Bootcamp: Bri Promo Code: BOOTCAMP</p>	 <p>CTA Closed Happy Thanksgiving</p>		<p>26</p>
<p>28</p> <p>5:30PM TBW: Bri Promo Code: TBW</p> <p>6:00PM Cycle Revolution: Brian Promo Code: CYCLEREVOLUTION</p>	<p>29</p> <p>5:30PM Cycle Heat: Bri Promo Code: CYCLE</p> <p>5:30PM Power Up (1.5hr): Brian Promo Code: COMBO</p>	<p>30</p> <p>6:00 PM Bootcamp: Bri Promo Code: BOOTCAMP</p>	<p>1</p> <p>NO Classes</p>	<p>2</p> <p>NO Classes</p>	<p>3</p> <p>No class</p> <p>Saturday classes will resume in December</p>

Virtual Classes Available! First Class FREE (Up to 15 Different Classes)