



**SATURDAY, OCTOBER 5TH  
+ SUNDAY, OCTOBER 6TH**

**CLASSES CANCELLED  
FOR INSTRUCTOR  
TRAINING**

We're hosting an Initial Training for GRIT and it will be held in the **Rangeline Group Fitness Studio**. While we are SO excited to be able to offer a convenient location for our instructors to develop their growth and knowledge, we will have to cancel the following classes in the **Rangeline Group Fitness Studio**:

**Class Cancelled**

**We invite you to try out this instead!**

**SATURDAY, OCT 5TH**

8:40AM BodyStep  
9:45M BodyPump

9:00am Journey (Range) or 9:30am BodyCombat (Forum)  
9:20am Cool Hot Barre (Range)  
10:10am Animal Flow & Restore (Range)  
8:35am TBW (Forum)

**SUNDAY, OCT 6TH**

12:00pm GRIT  
  
12:40pm BodyJam  
1:40pm BodyFlow

11:35am BodyStep (Forum)  
12:40pm BodyPump (Forum)  
11:30am KettleWorX (District)  
10:45am Sh'Bam (Forum) or 11:00am Cardio Barre (Forum)  
12:30pm Hot Barre (District),  
3:30pm Yoga (Forum)



***Do you want to be notified via e-mail for class cancellations due to instructor trainings?*** Add your name and e-mail to the **Group Fitness Newsletter** with the QR code or link below!

**<https://bit.ly/2FMqCkp>**