

OCTOBER 2017- FBCC Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2 6:15-7 PM HIIT & Abs (Kim)	3 9:15-10 AM Cardio & Strength(Tammy)	4	5 9:15-10 AM Cardio & Strength (Tammy) 6:15-7 PM Cardio & Strength(Kim)	6	7 7:30 am Group Run 8 mi. FBCC (Kim)
9 6:15-7 PM HIIT & Abs (Kim)	10 9:15-10 AM Cardio & Strength(Tammy)	11	12 9:15-10 AM Kickboxing (Tammy) 6:15-7 PM Kickboxing (Kim)	13	14 7:30 am Group Run 9 mi- FBCC (Kim)
16 <i>Makeup class:</i> 6:15-7 PM Relays (Kim)	17-20 Fall Break No Classes				21 7:30 am Group Run 6 mi- FBCC (Kim)
23 NEW SESSION 6:15-7 PM (Kim)	24 9:15-10 AM (Tammy)	25	26 9:15-10 AM (Tammy) 6:15-7 PM (Kim)	27	28 8-8:45 AM (Tammy) Tulsa Run 15K (Kim)
30 6:15-7 PM (Kim)	31 9:15-10 AM (Tammy)	1	2 9:15-10 AM (Tammy) 6:15-7 PM (Kim)	3	4 8-8:45 AM (Kim)