

# QUEENAX STUDIO SCHEDULE

## OCTOBER



START DATE: 10/1/21

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM		Circuit Mike 5:15 AM - 6:00 AM		Circuit Mike 5:15 AM - 6:00 AM			
		Tabata: Crossfit Deisy 8:45 AM - 9:30 AM	Balance & Stability Cyndi 8:45 AM - 9:30 AM				
10/1/21				Barre Ballet Lee Ann 9:45 AM - 10:15 AM			
PM	Small Group Training Cyndi 5:30 PM - 6:15 PM	Free Style Step Leah 6:30PM - 7:15 PM		Small Group Training Cyndi 5:30 PM - 6:15 PM	TRX: Kickboxing Candice 6:00 PM - 7:00 PM		