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| FOSS MASTER CLASS SCHEDULE | OCTOBER 2013 |

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 6:00-6:45AM |  | ZUMBA |  | ZUMBA |  |  |  |
| 9:00-9:45AM |  | ZUMBA GOLD |  | ZUMBA GOLD |  |  |  |
| 10:00-10:45AM | YOGA | PILATES | YOGA | PILATES | YOGA |  |  |
| 4:00-4:30PM | CORE  SHRED |  |  |  |  |  |  |
| 4:00-4:45PM |  |  | H.I.T.T. |  |  |  |  |
| 5:30-6:15PM | ZUMBA |  | ZUMBA | ZUMBA |  |  |  |
| 6:30-7:15PM | YOGA |  | YOGA |  |  |  |  |
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