

October 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 STRECHING AND EASY WORKOUT 9:30AM TO 10:30AM	30 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	1 BOOK CLUB GROUP LET'S TALK STORY 9:30AM TO 10:30AM	2 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	3 STRECHING AND EASY WORKOUT 9:30AM TO 10:30AM	4
5	6 STRECHING AND EASY WORKOUT 9:30AM TO 10:30AM	7 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	8 BOOK CLUB GROUP LET'S TALK STORY 9:30AM TO 10:30AM	9 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	10 STRECHING AND EASY WORKOUT 9:30AM TO 10:30AM	11
12	13 STRECHING AND EASY WORKOUT 9:30AM TO 10:30AM	14 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	15 BOOK CLUB GROUP LET'S TALK STORY 9:30AM TO 10:30AM	16 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	17 STRECHING AND EASY WORKOUT 9:30AM TO 10:30AM	18
19	20 STRECHING AND EASY WORKOUT 9:30AM TO 10:30AM	21 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	22 BOOK CLUB GROUP LET'S TALK STORY 9:30AM TO 10:30AM	23 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	24 STRECHING AND EASY WORKOUT 9:30AM TO 10:30AM	25
26	27 STRECHING AND EASY WORKOUT 9:30AM TO 10:30AM	28 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	29 BOOK CLUB GROUP LET'S TALK STORY 9:30AM TO 10:30AM	30 9:30-10:00 Meeting 10:00- 11:00 WORKOUT 11:00-11:30 Lunch	31 STRECHING AND EASY WORKOUT 9:30AM TO 10:30AM	1
2	3 STRECHING AND EASY WORKOUT 9:30AM TO 10:30AM	Notes				