

Kelley Fitness Center



October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 1130 Vinyasa Yoga w/ Robin 1700 Zumba w/ Yvonne	2 1130 Fit & Fast in 45 w/ Tasneem 1700 Krav Maga w/ Josh	3 1130 Fit & Fast in 45 w/ Tasneem	4
6 1145 Lunchtime Zen w/ Bobbi	7 0800 Dynamic Vinyasa w/ Katie 1130 Fit & Fast in 45 w/ Tasneem 1700 Kickboxing w/Tasneem 1815 Restorative Yoga w/ Katie	8 1130 Vinyasa Yoga w/ Robin 1700 Zumba w/ Yvonne	9 1130 Fit & Fast in 45 w/ Tasneem 1700 Krav Maga w/ Josh	10 1130 Fit & Fast in 45 w/ Tasneem	11
13 Federal Holiday No Classes	14 0800 Dynamic Vinyasa w/Katie 1130 Fit & Fast in 45 w/ Tasneem 1700 Kickboxing w/ Tasneem 1815 Restorative Yoga w/ Katie	15 1130 Vinyasa Yoga w/ Robin 1700 Zumba w/ Yvonne	16 1130 Fit & Fast in 45 w/ Tasneem 1700 Krav Maga w/ Josh	17 1130 Fit & Fast in 45 w/ Tasneem	18
20 1145 Lunchtime Zen w/ Bobbi	21 0800 Dynamic Vinyasa w/ Katie 1130 Fit & Fast in 45 w/ Tasneem 1700 Kickboxing w/Tasneem 1815 Restorative Yoga w/ Katie	22 1130 Vinyasa Yoga w/ Robin 1700 Zumba w/ Yvonne	23 1130 Fit & Fast in 45 w/ Tasneem 1700 Krav Maga w/ Josh	24 1130 Fit & Fast in 45 w/ Tasneem	25
27 1145 Lunchtime Zen w/ Bobbi	28 0800 Dynamic Vinyasa w/ Katie 1130 Fit & Fast in 45 w/ Tasneem 1700 Kickboxing w/Tasneem 1815 Restorative Yoga w/ Katie	29 1130 Vinyasa Yoga w/ Robin 1700 Zumba w/ Yvonne	30 1130 Fit & Fast in 45 w/ Tasneem 1700 Krav Maga w/ Josh	31 1130 Fit & Fast in 45 w/ Tasneem	Group Fitness Classes \$6/class or \$54 for 10 coupons