

NFB Fitness October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/28 9:30am No Class	9/29 6:15a Box 45 9:30a Box45 5p Box45 6p Bootcamp	9/30 9:30a Sculpt 5p Sculpt	10/1 6:15a Box 45 9:30a Box45 5p Box45	10/2 930a Tabata 5p Tabata	3 6:15a Box 45	4 8:30a Box45 9:30a Bootcamp
5 9:30am Full Body Bootcamp	6 6:15a Box 45 9:30a Box45 5p Box45 6p Bootcamp	7 9:30a LIFT Strength 5p LIFT Strength	8 6:15a Box 45 9:30a Box45 5p Box45	9 9:30a Sculpt 5p Core Strength	10 6:15a Box 45	11 8:30a Box45 9:30a Bootcamp
12 9:30am No Class	13 6:15a Box 45 9:30a Box45 5p Box45 6p Bootcamp	14 9:30a Sculpt 5p Sculpt	15 6:15a Box 45 9:30a Box45 5p Box45	16 9:30a Bootcamp 5P Yoga	17 6:15a Box 45	18 8:30a Box45 9:30a Bootcamp
19 9:30am Full Body Bootcamp	20 6:15a Box 45 9:30a Box45 5p Box45 6p Bootcamp	21 9:30a Metabolic 5p Metabolic	22 6:15a Box 45 9:30a Box45 5p Box45	23 9:30a HIIT Training 5p Core Bootcamp	24 6:15a Box45	26 8:30a Box45 9:30a Bootcamp
26 9:30 am No Class	27 6:15a Box 45 9:30a Box45 5p Box45 6p Bootcamp	28 9:30a Bootcamp 5p Bootcamp	29 6:15a Box 45 9:30a Box45 5p Box45	30 9:30a yoga 5p Tabata	31 6:15a Box45	11/1 8:30a Box45 9:30a Bootcamp