

J.T. & Margaret Talkington
ywca at

Sun'in Fun 2020

Fall CALENDAR

October

November

December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12	13 Kick'in Crazy Socks7	14	15 Bring a Friend for Free	16	17 Grind Day 9am Competition HIIT Class
18	19 Downward Dog & Donuts 9:45am	20	21	22	23	24
25	26	27	28 Rise and Grind Circuit Training 5:30am	29 Halloween Kickboxing Theme Night 7pm	30	31
NOV 1	2	3	4	5	6	7 Punch and Brunch 10am
8	9	10 Zumba Glow Party 7pm	11 Yoga and Lattes 9:45am	12	13	14
15	16	17	18 Circuit Train to the 90s Crazy socks/Scrunchies	19	20	21
22	23	24	25	26	27	28
29	30 Turkey Burner Spin Class 5:30am	DEC 1	2	3 Ugly Spandex Spin Class 6pm	4	5
6	7 Holiday Barre-Yoga Fusion 6pm	8	9	10 Zumba Shake 7pm	11	12
13	14 12 Circuits of Christmas 6pm	15	16	17	18	19
20	21	22	23	24	25	26
27	28 Bring a Friend Free	29	30	31	JAN 1	1