



October 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Body Sculpt 11:30 am – 12:30 pm	2 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	3 Balance Class 10:00 am – 11:00 am Body Sculpt 11:30 am – 12:30 pm	4 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	5	6
7	8 Body Sculpt 11:30 am – 12:30 pm	9 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	10 Balance Class 10:00 am – 11:00 am Body Sculpt 11:30 am – 12:30 pm	11 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	12	13 Family Dog Training 9:00 am – 10:00 am
14	15 Body Sculpt 11:30 am – 12:30 pm	16 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	17 Balance Class 10:00 am – 11:00 am Body Sculpt 11:30 am – 12:30 pm	18 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	19	20 Family Dog Training 9:00 am – 10:00 am
21	22 Body Sculpt 11:30 am – 12:30 pm	23 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	24 Balance Class 10:00 am – 11:00 am Body Sculpt 11:30 am – 12:30 pm	25 Adult Tae Kwon Do 7:00 pm – 8:00 pm	26	27 Family Dog Training 9:00 am – 10:00 am
28	29 Body Sculpt 11:30 am – 12:30 pm	30 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	31 Body Sculpt 11:30 am – 12:30 pm			

notes

For Questions Call 719-687-5225

Visit Our Website: www.city-woodlandpark.org/parks-and-recreation

Come see us, Monday – Friday, 8am – 5pm located next to City Hall, 204 W. South Ave.