

# OCT 2019 SUBS AT METROTOWER FITNESS

We try our very best to find subs for all the classes. The schedule is subject to change based on Instructor availability.

- Oct02 5:10pm Sweat it Up! – Claire
- Oct07 12:10pm Yogalates \*replaced with Core+Stretch Class – Anora
- Oct07 5:10pm Strength & Conditioning - Claire
- Oct09 5:10pm Sweat it Up! - Gajing
- Oct16 11:10am Exercise at the Barre - Gajing
- Oct16 1:10pm Zumba - Gajing
- Oct16 5:10pm Sweat it Up! – Claire
- Oct21 12:10pm Yogalates - Brooklyn
- Oct22 11:10am Muscle - Lara
- Oct22 12:10pm BootCamp - Lara