

OCTOBER SCHEDULE OF EVENTS



Color Key:

Level 1 Fitness Class
(Highest Intensity)

Level 2 Total Body
(Middle Intensity)

Level 3 Total Body
(Seated Optional)

SUN	MON	TUE	WED	THU	FRI	SAT
27 	28 10am LVL 2 12pm LVL 1 1pm Game Break 1pm Women's Support Group 2pm LVL 3 5:30pm LVL 1	29 10am PD Movement Lab 11am LVL 1 12:30pm PD Movement Lab 1pm SPEAK OUT!® 2pm LVL 2	30 7:30am LVL 1 10am LVL 2 12pm LVL 1 1pm Game Break 1pm Soca Dance Class 2pm LVL 3	1 11am LVL 1 1pm Game Break 2pm LVL 2 3:15pm Dance for PD® Public Class 5:30pm LVL 1	2 10am LVL 2 12pm LVL 1 12pm Ping Pong Open Play 1pm Game Break	3
4	5 10am LVL 2 12pm LVL 1 1pm Game Break 1pm Women's Support Group 2pm LVL 3 5:30pm LVL 1	6 11am LVL 1 12pm Ping Pong Open Play 1pm SPEAK OUT!® 2pm LVL 2 5:30pm Dance for PD® PRO (All-standing) 5:30pm PD101	7 7:30am LVL 1 10am LVL 2 11am Tai Chi 12pm LVL 1 1pm Game Break 2pm LVL 3	8 11am LVL 1 1pm Game Break 2pm LVL 2 5:30pm LVL 1	9 10am LVL 2 12pm LVL 1 12pm Ping Pong Open Play 1pm Game Break	10

Turn over for the rest of October! →

SUN	MON	TUE	WED	THU	FRI	SAT
11	10am LVL 2 12 12pm LVL 1 1pm Game Break 1pm Women's Support Group 2pm LVL 3 5:30pm LVL 1	11am LVL 1 13 12pm Ping Pong Open Play 12:30pm Writing Circle 1pm SPEAK OUT!® 2pm LVL 2 5:30pm PD101	7:30am LVL 1 14 10am LVL 2 12pm LVL 1 1pm Game Break 2pm LVL 3 5:30pm PD101	11am LVL 1 15 12:30pm Eating Out, Made Easy Lecture 1pm Game Break 2pm LVL 2 3:15pm Dance for PD® Public Class 5:30pm LVL 1	10am LVL 2 16 12pm LVL 1 12pm Ping Pong Open Play 1pm Game Break 1:30pm Boxing Workshop	17
18	10am LVL 2 19 12pm LVL 1 1pm Game Break 1pm Women's Support Group 2pm LVL 3 3:30pm Argentine Tango 5:30pm LVL 1	11am LVL 1 20 12pm Ping Pong Open Play 1pm SPEAK OUT!® 2pm LVL 2 5:30pm Dance for PD® PRO (All-standing) 5:30pm PD101	7:30am LVL 1 21 10am LVL 2 12pm LVL 1 1pm Game Break 2pm LVL 3 5:30pm PD101	11am LVL 1 22 12:30pm Community Event: PD in the Digital Age ★ 1pm Game Break 2pm LVL 2 5:30pm LVL 1	10am LVL 2 23 12pm LVL 1 12pm Ping Pong Open Play 1pm Game Break	24
25	10am LVL 2 26 12pm LVL 1 1pm Game Break 2pm LVL 3 5:30pm LVL 1	11am LVL 1 27 12pm Ping Pong Open Play 1pm SPEAK OUT!® 2pm LVL 2 5:30pm PD101	7:30am LVL 1 28 10am LVL 2 12pm LVL 1 1pm Game Break 2pm LVL 3	11am LVL 1 29 12pm Soundtrack of Our Lives 1pm Game Break 2pm LVL 2 5:30pm LVL 1	10am LVL 2 30 12pm LVL 1 12pm Ping Pong Open Play 1pm Game Break 3pm Shakespeare PD Workout	31

Free & open to all!