

GAP Fitness Studios

OCTOBER ✨

110 E. Mitcham St. Malakoff, Tx

2025

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 8:30AM-BODY FIT 10:00AM-BODY FIT 6:00PM-BODY FIT	2	3	4 9:15AM-10:30AM BODY FIT
5	6 8:30AM-BODY FIT 10:00AM-BODY FIT 6:00PM-BODY FIT	7	8 8:30AM-BODY FIT 10:00AM-BODY FIT 6:00PM-BODY FIT	9	10	11 9:15AM-10:30AM BODY FIT
12	13 8:30AM-BODY FIT 10:00AM-BODY FIT 6:00PM-BODY FIT	14	15 8:30AM-BODY FIT 10:00AM-BODY FIT 6:00PM-BODY FIT	16 ***** **SPECIAL EVENT** 6:15PM LOW IMPACT CARDIO DANCE NIGHT *****	17	18 TIME CHANGE 10:00AM-11:00AM BODY FIT
19	20 8:30AM-BODY FIT 10:00AM-BODY FIT 6:00PM-BODY FIT	21	22 8:30AM-BODY FIT 10:00AM-BODY FIT 6:00PM-BODY FIT	23 ***** **SPECIAL EVENT** 6:45PM SOUND BATH THERAPY *****	24	25 TIME CHANGE 10:00AM-11:00AM BODY FIT
26	27 8:30AM-BODY FIT 10:00AM-BODY FIT 6:00PM-BODY FIT	28	29 8:30AM-BODY FIT 10:00AM-BODY FIT 6:00PM-BODY FIT	30	31	

NOTES

FOR DETAILED CLASS DESCRIPTIONS AND TO BOOK ONLINE GO TO:

WWW.GAPFITNESSSTUDIOS.COM

*****CHANGES COMING IN NOV. FOR CLASS TIMES*****



SCAN ME

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NOVEMBER ✨ 110 E. Mitcham St. Malakoff, Tx

2025

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16	17 8:30AM-BODY FIT 10:00AM-BODY FIT 6:00PM-BODY FIT	18	19 8:30AM-BODY FIT 10:00AM-BODY FIT 6:00PM-BODY FIT	20	21	22 8:30AM-BODY FIT 10:00AM-BODY FIT
23	24 NO CLASSES THIS WEEK	25	26 NO CLASSES THIS WEEK	27 THANKSGIVING DAY	28	29 NO CLASSES THIS WEEK
30						

NOTES

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