

# OCTOBER 2023 Featured Classes & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Bring a Fitness Guest, Receive a T-SHIRT</b>	3	4 <b>Boxing 8am</b>	5	6	7
8	9	10	11 <b>Kick Off Event (Member Social) 5pm-6:30pm</b>	12	13	14 <b>Mat Pilates 10am</b>
15	16 <b>H.I.I.T 8am</b>	17	18	19	20 <b>Buy a Personal Training/Pilates package, 10% towards donation (10/20-10/31)</b>	21
22	23	24 <b>Bring a Fitness Guest, Receive a T-SHIRT</b>	25	26 <b>Yoga 8am</b>	27	28
29	30	31 <b>Spin 8am</b>				



## STAND UP WITH CALABASAS COUNTRY CLUB



**FEATURED CLASSES**