

# Elfrida Fitness Schedule

## October 2026

| Sun                                                                                                                                                            | Mon                                                                                                                                    | Tue       | Wed                                             | Thu                                                                                                        | Fri                                                                                    | Sat                                                                                         |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-----------|-------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| <a href="mailto:JackieSchaa@gmail.com">JackieSchaa@gmail.com</a><br>520-337-0359<br><a href="http://Website:Elfridafitness.com">Website:Elfridafitness.com</a> |                                                                                                                                        |           |                                                 | <b>1</b><br><i>Strength/Balance</i><br><b>9:00 - 10:00</b><br><i>Fitness Yoga</i><br><b>10:30 - 12:00</b>  | <b>2</b><br><i>Beginner Line</i><br><i>Dance 9-10:00</i>                               | <b>3</b>                                                                                    |
| <b>4</b>                                                                                                                                                       | <b>5</b><br><i>Strength/Balance</i><br><b>9:00 - 10:00</b><br><i>Fitness Yoga</i><br><b>10:30 - 12:00</b><br><i>Zumba 5:00 - 6:00</i>  | <b>6</b>  | <b>7</b><br><i>Zumba</i><br><b>5:00 - 6:00</b>  | <b>8</b><br><i>Strength/Balance</i><br><b>9:00 - 10:00</b><br><i>Fitness Yoga</i><br><b>10:30 - 12:00</b>  | <b>9</b><br><i>Beginner Line</i><br><i>Dance 9-10:00</i>                               | <b>10</b>                                                                                   |
| <b>11</b>                                                                                                                                                      | <b>12</b><br><i>Strength/Balance</i><br><b>9:00 - 10:00</b><br><i>Fitness Yoga</i><br><b>10:30 - 12:00</b><br><i>Zumba 5:00 - 6:00</i> | <b>13</b> | <b>14</b><br><i>Zumba</i><br><b>5:00 - 6:00</b> | <b>15</b><br><i>Strength/Balance</i><br><b>9:00 - 10:00</b><br><i>Fitness Yoga</i><br><b>10:30 - 12:00</b> | <b>16</b><br><i>Beginner Line</i><br><i>Dance 9-10:00</i>                              | <b>17</b>                                                                                   |
| <b>18</b>                                                                                                                                                      | <b>19</b><br><i>Strength/Balance</i><br><b>9:00 - 10:00</b><br><i>Fitness Yoga</i><br><b>10:30 - 12:00</b><br><i>Zumba 5:00 - 6:00</i> | <b>20</b> | <b>21</b><br><i>Zumba</i><br><b>5:00 - 6:00</b> | <b>22</b><br><i>Strength/Balance</i><br><b>9:00 - 10:00</b><br><i>Fitness Yoga</i><br><b>10:30 - 12:00</b> | <b>23</b><br><i>Beginner Line</i><br><i>Dance 9-10:00</i>                              | <b>24</b>                                                                                   |
| <b>25</b>                                                                                                                                                      | <b>26</b><br><i>Strength/Balance</i><br><b>9:00 - 10:00</b><br><i>Fitness Yoga</i><br><b>10:30 - 12:00</b><br><i>Zumba 5:00 - 6:00</i> | <b>27</b> | <b>28</b><br><i>Zumba</i><br><b>5:00 - 6:00</b> | <b>29</b><br><i>Strength/Balance</i><br><b>9:00 - 10:00</b><br><i>Fitness Yoga</i><br><b>10:30 - 12:00</b> | <b>30</b><br><i>Beginner Line</i><br><i>Dance 9-10:00</i>                              | <b>31</b>                                                                                   |
|                                                                                                                                                                |                                                                                                                                        |           |                                                 |                                                                                                            | <b>Monthly Price:</b><br><b>Strength \$30</b><br><b>Yoga \$40</b><br><b>Zumba \$40</b> | <b>Price Per Class:</b><br><b>Strength \$5</b><br><b>Zumba \$5</b><br><b>Line Dance \$5</b> |