October 2019
Fitness Schedule and
Varsity Home Games

**DAL.CA/RAMS** FOR COMPLETE VARSITY SCHEDULE AND RESULTS

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<td>KICK BOXING&lt;br&gt;7:30-8:30</td>
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<td>EVENING YOGA&lt;br&gt;5:30-6:30</td>
<td>NOON YOGA&lt;br&gt;12:05-12:50</td>
<td>KICK BOXING&lt;br&gt;7:30-8:30</td>
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<td>NO FUSION FITNESS&lt;br&gt;CLASS</td>
<td>ROCKY'S 5 K RUN&lt;br&gt;10:00 am Langille Athletic Centre</td>
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<td>Thanksgiving&lt;br&gt;NO YOGA CLASS</td>
<td>NOON YOGA&lt;br&gt;12:05-12:50</td>
<td>SOCCER UKC @ DAL AC&lt;br&gt;(w) 5:30 (m) 8:30</td>
<td>KICK BOXING&lt;br&gt;7:30-8:30</td>
<td>FUSION FITNESS&lt;br&gt;CLASS</td>
<td>SOCCER&lt;br&gt;HC @ DAL AC&lt;br&gt;(w) 2:00 (m) 4:00</td>
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